

CKFA



*"It is not in the stars to hold our destiny
but in ourselves." ~ Shakespeare*



Dear CKFA family,

We trust you all had a wonderful Winter Break. Get ready to THRIVE in 2025!

As we welcome the New Year, we reflect on the journey we have shared—a path guided by mindfulness, strength, and community. We are deeply grateful for your unwavering support, which is part of the foundation of our collective growth and success.

The New Year is traditionally a time to make resolutions. Make yours now and give yourself a goal to strive for in 2025. The CKFA staff is always in your corner to help you achieve your physical and personal training goals.

We look forward to another charged up year as we continue to work together to stay healthy in mind, body, and spirit. Being mindful in our actions and perspective will cultivate equanimity in our lives during the coming New Year! Blessings to you all and let us continue to "Train Harder, Live Better!"

Ging Lai, 🙏

Lo Si Evelina Lengyel, Sifu Andrew Lengyel, and the CKFA instructors

"The beginning is the most important part of the work." ~ Plato 🌸

Birthdays

Lai B.	1
Yana M.	2
Jack B.	7
Evan Y.	8
Ari C.	14
Danica Y.	15
Adrian C.	18
Dylan D.	26
Maven C.	28
Dawn L.	29



Promotions

White Tiger
Klayton Y. - 1st Stripe
Mason C. - 2nd Stripe
Ava W. - 3rd Stripe

Gold Tiger
Benjamin P.

Green Tiger
Cayde G.

Purple Tiger
Lukas G. - 3rd Stripe

Red Sash
Cameron S. - 1st Stripe

White Fringe
David W.
Jett A. - 1st Stripe
Kyan L. - 4th Stripe

Yellow Fringe
Belle L. - 1st Stripe
Peyton C. - 2nd Stripe
Dylan Y. - 3rd Stripe
Connor S. - 4th Stripe

Gold Fringe
Margarita A. - 1st Stripe
Dayton L. - 1st Stripe
Daniel C. - 2nd Stripe

Orange Fringe
Aria T. - 2nd Stripe
Sophie T. - 2nd Stripe
Bianca M. - 3rd Stripe
Deependra B. - 4th Stripe
Dylan D. - 4th Stripe

Purple Fringe
Bret M. - 1st Stripe



This month we also celebrate the beginning of the Lunar New Year, the YEAR of the SNAKE, on 1/29! Gung Hay Fat Choy! Gong Xi Fa Cai! Xin Nian Kuai Le! Chue Mung Nam Moi!

SU	M	T	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

MARK YOUR CALENDARS

January 1-5	CLOSED - New Year/Winter Break
January 6	Classes resume
	Check out new class schedule online
January 20	Martin Luther King, Jr. Day - OPEN
January 25	Stretching Workshop
January 26	Formal Test
January 29	Start of the Lunar New Year celebration