



AUGUST, THE LAST HURRAH OF SUMMER!



August 2026

Back-to-School Workout for Parents Only!

Now that school will be back in session make time for yourself to get your body moving. Prioritize your health and well-being. Take the 10:30 AM Express Workout on Tuesdays and Thursdays. It is your option to take a 30 minute cardio class doing techniques on the standing bag or stay for the full hour and learn some basic kung fu!

Classes start on Tuesday, 8/11. Wear workout clothes and bring a water bottle and towel. Go for it - your first class is FREE!

Final tournament opportunity for the year.

CKFA SKILLS DAY TOURNAMENT COMING IN NOVEMBER!



STAY TUNED!



1. Competition builds character and fosters a spirit of excellence. It challenges you to strive to do your best while teaching the importance of winning with humility and losing with grace.
2. Competition hinders complacency and rewards taking the challenge.
3. Competition is necessary to hone your physical skills and mental fortitude.

The 5 Ps - Proper Preparation Prevents Poor Performance.

Birthdays

Maggie B.	1
Elizabeth A.	7
Sihing Ray R.	2
Ayden E.	11
Liam F.	12
Sebastian L	12
Sofia A.	14
Apollo T.	15
Paolo C.	16
Sijeh Emma C.	19
Bianca M.	20
Ayaan E.	27
Zara S.	28
Lisa A.	31

Promotions

Gold Tiger

Ayden E.
Ryder W.

Purple Tiger

Logan R.

White Fringe

Jubran E.
Patricia K.
Rowan G.

Yellow Fringe

Kimberly R.

Green Fringe

Norrin W.

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

Dates to Remember:

8/22 - PMT Sparring tournament - SF City College

8/23 - Chan Heung's birthday - Founder of Choy Li Fut

8/29 - Formal Test