



August 2022 Newsletter

~ Repetition is the mother of skill. ~

Dear CKFA family,

We hope you are having a fun and safe summer. As students gear up to return to school, we would like to remind everyone that practicing time management is key to maintaining consistency in your training to keep progressing.

Other reminders:

- Bow upon entering and exiting the academy and to the instructors to develop a respectful and humble attitude.
- Remember the 3 main reasons why we train in the martial arts:
 1. To be healthy
 2. For personal development
 3. For self-defense
- Label all equipment, shoes, and water bottles.
- Do not wear your kung fu shoes outdoors on the street.
- If you need to wear a t-shirt under your uniform, wear either a white, black, or red t-shirt.

Have a great school year ahead!

Ging lai,

Lo Si Evelina Lengyel & Sifu Andrew Lengyel

Used mats for SALE!
A bargain at \$5 per mat!

- **Set up your own workout area at home.**
- **Great for practicing falls and rolls.**
- **Excellent surface for stretching and kicking.**
- **Complimentary neutral gray color.**

Birthdays

Ethan P.	2	Emma C.	19
Erik R.	2	Bianca M.	20
Ray R.	2	Liam R.	20
Marianne E.	7	Ryan S.	23
Desirae S.	8	Eli V.	27
Simo Nicoleta	9		
Liam F.	10		
Apollo T.	15		
Vince G.	18		

MARK YOUR CALENDAR

Aug 23 - Chan Heung's birthday
(The founder of Choy Li Fut)

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

Promotions

White Tiger

Niranjan B. 1st Stripe
Zeno C. 3rd Stripe
Davis G. 2nd Stripe
Taylor H. 3rd Stripe
Levi M. 1st Stripe
Caiden S. 2nd Stripe
Sloane W. 1st Stripe
Norrin W. 3rd Stripe

Gold Tiger

Emma O. 1st Stripe

Red Sash

Elena A.
Jana A.
Elliana A. 3rd Stripe
Reiner B. 3rd Stripe
Clara B. 2nd Stripe
Connor B. 1st Stripe
Deependra B. 1st Stripe
Olive D. 2nd Stripe
Jason E. 1st Stripe
Marianne E. 1st Stripe
Quinn E. 1st Stripe
Zane E. 1st Stripe
Adrian H. 1st Stripe
Tanweer S. 2nd Stripe
Tyson T. 1st Stripe
Marcus. T. 2nd Stripe
Parker W. 3rd Stripe

White Fringe

Jood A. 1st Stripe
Caleb H. 3rd Stripe
Bianca M. 3rd Stripe
Bret M. 4th Stripe
Maddie R.
Christina Y.

Yellow Fringe

Ethan C. 2nd Stripe
Matthew H. 1st Stripe

Gold Fringe

Jayden A. - 4th Stripe
Gwen C. 2nd Stripe
Anum R.
Ryan S. 3rd Stripe

Purple Fringe

Dimitri B. 1st Stripe
Chris D. 1st Stripe
Liam R. 1st Stripe

Green Fringe

Kevin C. 1st Stripe