

CKFA



*"Focus all your intent to win the battle."
- Chan Heung*



2021 should be a better year for all of us. Although there is a vaccine, we are not out of the woods yet. Continue to be smart and wear your mask and stay away from large gatherings.

One of the best defenses against any illness or disease is a strong and healthy body and mind. A simple routine of exercising, eating nutritious meals, and getting good rest does wonders for the immune system and keeping you in a positive state of mind.

The New Year is traditionally the time to make resolutions. Make yours now and give yourself a goal to strive for. "The beginning is the most important part of the work." - Plato

Dear CKFA family,

Once again, we would like to thank all the students and parents who continued to support CKFA through this challenging and tragic year. Your support will always be remembered and appreciated. We wish all of you a better and brighter New Year with lots of joyful hugging to come.

Yours truly,

Lo Si Evelina Lengyel and Sifu Andrew Lengyel



Birthdays

Karolyna M. 12
 Xander S. 13
 Ari C. 14
 Andrew K. 18

Promotions

Gold Tiger
 Kai R.
Purple Tiger
 Evan S.
Green Tiger
 Dane H.
Yellow Fringe
 Garrett B.
 Faith R.
1st stripe
 Sheri V.
2nd stripe
 Misael G.
 Aleesa F.

Stretching Workshop

Date: January 23, 2021
Time: 10 am
Cost: 45 minutes of your time

- Class will be via ZOOM
- Have a strap or towel handy incase you need it
- Invite your family to join in

MARK YOUR CALENDARS

January 1 New Year holiday
 January 4 Classes back in session
 January 23 Stretching workshop

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						

Stay Tuned!
MORE WORKSHOPS
 to
COME!