

CKFA



Training Tip

Kuen dah chin pin, son sau ji yin.

“Thousand times of training your form, your body will get good at it automatically.”

HOLIDAY POTLUCK PARTY

When: Sunday, Dec. 10th

*Where: Pleasant Hill
Community Center
320 Civic Drive*

Time: 5:30pm-8:00pm

*Seats: \$15 - 12yrs and older
\$5 - 4yrs to 11yrs*

*Seating is limited. Don't be
turned away.*



Mark your calendar for

CKFA's Annual Holiday Party.

- Sharing of good food and drinks
- Student recognitions
- Instructor and student performances
- Invite your friends and family!

**Reserve
your seats
now!**

Enjoy the Thanksgiving holiday with your loved ones!
CKFA will be closed from 11/23 - 11/25

WU DE

Part of training in the martial arts is practicing “Wu De,” martial arts ethics and moral conduct. In today’s society, “If you can accept those whose views differ from yours, your days will flow more easily. If you keep wanting to change them, it will be very painful for you. It is more correct to learn to accept and embrace them. That is the perspective of a successful person.” - Grandmaster Doc-Fai Wong

Enjoy your time with you family and loved ones during the Thanksgiving holiday!



Birthdays

Dayton L.	3
Gladys V.	10
Parker W.	12
Connor S.	13
Aaron R.	15
Judi S.	16
Cayde G.	21
Elliana A.	23
Jacob P.	26

UPCOMING EVENTS

11/19 Formal test
11/23-25 CLOSED for the HOLIDAY

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

PROMOTIONS

White Tiger

Mateo G. - 4th Stripe
 Max W. - 1st Stripe
 Sloane W - 4th Stripes
 Thea W. - 1st Stripe
 Dylan Y. - 2nd Stripe
 Logan Y. - 1st Stripe

Gold Tiger

Cayde G.
 Cayden S. - 2nd Stripe
 Evan Y. - 4th Stripe

Purple Tiger

Kolten Mc. - 2nd Stripe
 Jalen T.
 Norrin W. - 2nd Stripe

Green Tiger

Zeno C. - 2nd Stripe
 Saia D. - 2nd Stripe
 Jeremy G. - 1st Stripe
 Sage S.

Red Sash

Gabriel B. - 1st Stripe
 Peyton C. - 1st Stripe.
 Belle L. - 1st Stripe
 Gabriel V. - 2nd Stripe

White Fringe

Margarita A. - 2nd Stripe
 Luc B. - 3rd Stripe
 Robert C. - 1st Stripe
 Jayden D.
 Taylor H. - 1st Stripe
 Dawn L. - 2nd Stripe
 Dayton L. 2nd Stripe
 Emma O. - 2nd Stripe
 Will R. - 2nd Stripe
 Connor S.

Yellow Fringe

Elliana A. - 1st Stripe
 Reiner B.
 Bailey B. - 1st Stripe
 Quincy P. - 1st Stripe
 Ethan P. - 1st Stripe
 Sophie T. - 2nd Stripe
 Aria T. - 2nd Stripe
 Parker W. - 1st Stripe
 Arianna Y. - 1st Stripe
 Nico Y. - 3rd Stripe

Gold Fringe

Ethan C. - 4th Stripe
 Matt H. - 3rd Stripe
 Kai R.

Anum R. - 2nd Stripe
 Christina Y.

Orange Fringe

Bianca M.
 Brett M. - 1st Stripe
 Samantha H. - 1st Stripe
 Truman W. - 1st Stripe

Green Fringe

Gwen C. - 1st Stripe
 Liam F.
 Ethan Mc.
 Ryan S.

Purple Fringe

Ayaan - 1st Stripe