

DINOTO KARATE TEAM ACTION

Moms and Dads train for FREE in the month of January. Here is what some of our adult students have to say about class here at Dinoto Karate...

"Losing weight, physical strength, networking with other students and instructors, learning leadership skills, patience with my kids, watching my son grow and learn with discipline. My confidence level has risen as well as my physical appearance, my social skills and overall wellbeing. We all love doing karate together and hope for a healthy future with many kicks to come.

"There are many reasons - commitment, exercise, social, it's fun! Yes, it's hard work but with the whole family involved it makes it easier. I would be very lonely if I didn't attend too."

We thought these testimonials were so appropriate for the January newsletter because this is the time of year everyone talks about setting their goals for the New Year. *"It's not easy to step outside of your comfort zone...but it feels so good when you do,"* said an adult student.

JANUARY EVENTS

January 2-7: Green Stripe Test Week

January 9-14: Bring A Buddy Week - invite a friend that has not tried one of our karate classes yet. First time guest only.

January 11 – Parent Coach Class for Little Champions 5:15 and Kids Karate 5:45
Come dressed in comfortable clothes and learn how to hold targets and help your child practice at home.

January 21: Parent & Child Mindfulness & Movement 4:00 - 5:00 Must Register by January 18

January 21: Ambassador Certification--Families always ask, "How can I get more involved?" One way is to join us in class...remember the month of January is always free for parents. If you can't do that, but you want to be part of the mission of Action Karate, check out our Ambassador Certification. See your instructor to see if it's a good fit. Must register by January 14.

January 29: HIT Team 2023 Starts: HIT is Designed to kick your Karate and fitness goals into high gear. Students who are ready for a high energy challenge this year should 100% join the program. See Master Magill for Details.

Introducing "The Resilient Parent" for 2023 by Rochelle E. Brenner

Every month, we will share a motivational parenting segment on this blog to encourage martial arts families. This new feature is being shared with thousands of families out of a growing need to give parents the support they need as they navigate the stresses of raising their children.

Since it is a New Year, this first edition is focused on setting smart parenting goals. Unfortunately, our role as parents cannot be connected to outcomes. Meaning, we are not good parents based on whether our children get straight A's or get into a good college or avoid jail. We are good parents if we make daily efforts to honor who they are, teach respect, show grit and build their confidence to pursue their goals. In other words, we can only set goals based on our actions, not theirs. Many times when children quit, it's actually their parents who quit on them first. Here is a modified checklist for setting smart goals for our parenting.

S - Specific. Talk to your child about their day every single night.

M - Measurable. Sit down for at least one meal – or snack – a day with your child.

A - Achievable. Ask your child to set a goal that you can help hold them accountable for.

R - Realistic. Making the Olympics is not realistic for most kids. Attending karate class 2-3 x a week is realistic.

T - Timely. Set a goal that expires after 1 to 3 months, then set a new one. Example, push-ups month one, Healthy eating goal month two, next karate belt etc.

Do not waver or fall back on your commitment to these goals. Do not let your children quit on these goals. It can be hard as a parent to enforce rules, but it's important that when you set goals for your parenting, you live up to the standard.