



More than Martial Arts!

**Happy Valentines Day**  
**February 14th**

**Martial Artists Know that**  
**Whatever you do, you need courage.**  
**Courage is a way of life. It is as much a habit as anything else. Like getting up and brushing your teeth in the morning.**

**UKKSA Wide Events**

**Hawaii:**  
Sat. February 13th  
Workshop #14 - 10  
4:00 pm - 6:30 pm  
Kempo Mixed Martial Arts

**Hawaii:**  
Sun. February 14th  
Work Shop  
8:30 am - 10:30 am  
Kempo MMA for Big Island

Instructors	Phone Numbers
Daleville	966-3381
Star City	342-0422
RAC/Big Lick	353-4706
Salem	819-0065
Hardy Rd.	890-8600
Christiansburg	529-3538

**MISSED AD!**

We would like to thank Dr. Rob Goralewicz for sponsoring awards for our Christmas banquet, and would like to apologize for leaving out his ad from the program. Please accept our sincerest apologies.

**Blue Ridge Personal Training**

**Rob Goralewicz**

*Certified Personal Trainer, AAFA  
Continuing Education in Senior/Elder Fitness*

**(540)556-8752**

*Specializing in in-home, minimal equipment training*

# February 2010



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 <b>Word of the Week</b> Spirit	2 Nunchuku Staff	3	4 <b>Word of the Month</b> Courage	5	6	
7 <b>Word of the Week</b> Brave	8 Staff Short Stick	9 <b>T-Shirt /Buddy Week!</b> <i>Wear your T-shirt &amp; Bring a buddy!!</i>	10 	11	12	13
14 <b>Word of the Week</b> Valor	15 Kama Nunchuku	16	17	18	19	20
21 <b>Word of the Week</b> Endurance	22 Short Stick Staff	23	24 <b>TESTING AT DALEVILLE YOUTH @ 4:30 ADULTS @ 6:30</b>	25	26	27
28 <b>Word of the Week</b> Fearless	29 Nunchuku Staff	30	31			

The sign of a courageous person, then, is someone who feels fear, recognizes fear and still goes on to do what he or she believes is right.

I have the courage to speak the truth all the time.

I stand up for what is right even if I stand alone.  
Fear of failure does not prevent me from trying things.

I know that lies are the biggest and most obvious sort of cowardice that many hide behind.