



MASTER KANG'S MARTIAL ARTS JULY NEWSLETTER

A MESSAGE FROM GRANDMASTER KANG



Welcome to **July!**

As the summer heats up, so does our energy on the mats. This month, we're excited to celebrate not only our students' dedication but also the rich cultural roots of Taekwondo through Korean traditions. Taekwondo is more than just physical movement—it's a way of life that teaches respect, discipline, and connection. By sharing the cultural values behind the art, we hope our students gain a deeper appreciation for what they practice each week.



WHAT'S KICKING THIS MONTH

1. IMPORTANT ANNOUNCEMENTS

2. YOUTUBE CHANNEL

3. MKMA MOMENTS

4. STUDENT SPOTLIGHT

5. CULTURAL CORNER

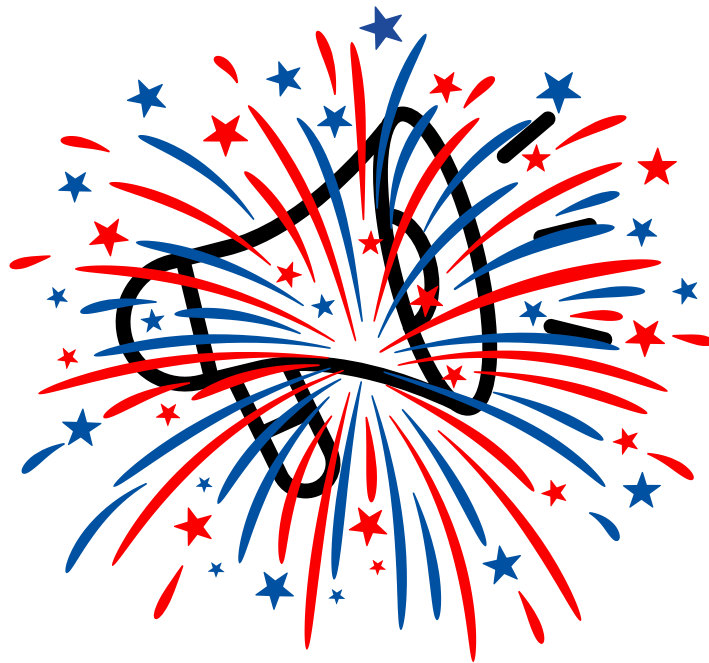
6. FEEDBACK FORM

7. SOCIAL MEDIA PAGES

8. SUMMER REMINDERS

IMPORTANT ANNOUNCEMENTS

**MASTER KANG'S MARTIAL ARTS WILL BE
CLOSED FROM JULY 3RD TO JULY 5TH.**



**LOW BELT TESTING IS COMING UP
ON JULY 19TH!**

**PLEASE KEEP AN EYE ON YOUR EMAIL — IMPORTANT
DETAILS AND SCHEDULE WILL BE SHARED SOON.**

MKMA YOUTUBE CHANNEL LAUNCH

 **MASTER KANG'S MARTIAL ARTS IS NOW ON YOUTUBE!** 



Watch. Learn. Get Inspired. Subscribe Now!

HOW TO JOIN THE ACTION:

 **Scan the QR Code below to go straight to our channel**

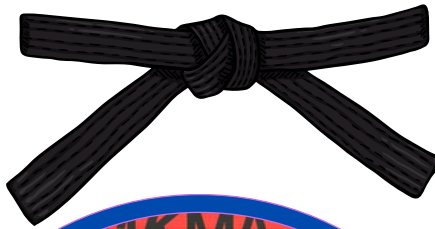
 **Don't forget to click Subscribe and turn on notifications!**



MKMA MOMENTS



FOCUS



≡ Welcome ≡



STUDENT SPOTLIGHT

Jenna



Jenna's journey from a white belt to a black belt in martial arts has been truly inspiring. In just a few years, she has gained not only the physical skills of a martial artist but also the mental strength, discipline, and confidence that come with it. Practicing Taekwondo has helped her build respect for herself and others, transforming her in ways that go beyond her time in the Dojang.

Jenna is almost 17 and now is an employee and future instructor at Master Kang's Martial Arts, an opportunity that Grandmaster Kang provided her. This role has allowed her to grow professionally, develop leadership skills, and make a positive impact on others she will meet in the future. The journey has truly changed her life, giving her responsibility, and a sense of purpose.

CULTURAL CORNER: KOREAN SUMMER TRADITIONS

KOREAN SUMMER TRADITION: SAMBOK (삼복)

THREE HOTTEST DAYS OF THE YEAR

Chobok (초복) - Early Summer Heat

Jungbok (중복) - Mid-Summer Heat

Malbok (말복) - Late Summer Heat

TRADITION: EATING STAMINA-BOOSTING FOODS

Samgyetang (Ginseng Chicken Soup)

Grilled Eel (장어구이)

Spicy Beef Soup (Yukgaejang)

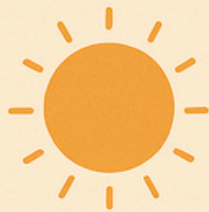
MARTIAL ARTS TIE-IN

Sambok reflects the spirit of martial arts —

Perseverance, Discipline, and Strength in the face of challenge.

*Train strong. Eat strong.
Endure like a warrior.*

CULTURAL CORNER CONTD.



Korean Summer Tradition

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Tradition: Eating stamina-boosting foods



Samgyetang
(Ginseng Chicken Soup)



Grilled Eel
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Spicy Beef Soup
(Yukgajang)

Martial Arts Tie-In

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LET US KNOW WHAT YOU THINK



We Value Your Feedback!

At Master Kang's Martial Arts, we're always looking to improve and grow. Your thoughts and experiences matter to us. Please take a moment to share your feedback by filling out our quick form below — it only takes a minute!

 [CLICK HERE TO GIVE FEEDBACK](#)

Thank you for helping us serve you better!



STAY CONNECTED WITH US!

We love sharing our martial arts journey with you —and there's no better way to stay in the loop than by following us on our social media pages! From class updates and special promotions to behind-the-scenes glimpses and student highlights, our social media pages are the place to stay connected.

Explore our Facebook page by clicking the link below!

MKMA PLANO

MKMA ALLEN

Explore our Instagram page by clicking the link below!

INSTAMKMAPLANO

INSTAMKMAALLEN

➡ **Don't Miss Out!**

Like, share, and comment to let us know how you're progressing. Let's keep the conversation going and grow stronger together, both online and on the mat!



SUMMER REMINDERS FOR MKMA FAMILIES

AS WE MOVE INTO THE HEART OF SUMMER, HERE ARE A FEW HELPFUL REMINDERS TO KEEP OUR TRAINING STRONG, SAFE, AND CONSISTENT:

Stay Hydrated

With the rising temperatures, it's important for all students to drink plenty of water before and after class. Bringing a water bottle is encouraged!



Dress for the Heat

Students may wear MKMA T-shirts during regular classes



Consistency Matters

Let us know if you'll be away during summer so we can help students stay on track with their training goals.



Summer Safety

Whether you're training indoors or playing outside, remember to apply sunscreen, take breaks, and listen to your body.

REMINDERS

- Please ensure all students arrive on time to classes.
- Bow upon entering and leaving the Dojang as a sign of respect.
- Shoes are not worn on the mat- please remove them before entering the mat
- Please keep an eye out for our emails for any communication regarding events and other important updates.
- Students may volunteer and enroll in classes at Allen MKMA, provided their parents have signed the required waiver.
- Students attending special classes at MKMA must wear all necessary safety gear for their own protection.
- Parents are encouraged and welcome to watch the class. It will boost the child's confidence.



Don't
Forget!