

BACK
to
SCHOOL



MASTER KANG'S MARTIAL ARTS AUGUST NEWSLETTER

Welcome to August

This month, we're honoring cultures from around the world, building strong back-to-school habits, and highlighting the values that make martial arts more than just kicks and punches. From special days like Indian Independence Days to our Asian Culture Corner, there's something for everyone to learn, enjoy, and grow from!

Let's make August powerful and positive—together!

Respect

Resilience

Summer Spirit

WHAT'S KICKING THIS MONTH

- BELT TESTING MOMENTS
- AUGUST EVENTS
- BACK TO SCHOOL REMINDER
- MKMA YOUTUBE CHANNEL
- STUDENT SPOTLIGHT
- ASIAN MARTIAL ARTS CULTURE CORNER
- STAFF PICKS
- MONTHLY CHALLENGE
- FEEDBACK FORM
- STAY CONNECTED WITH US

BELT TESTING MOMENTS

Congratulations!



AUGUST EVENTS



BLACK BELT STAR TESTING

- *UNCONFIRMED BLACK BELT
- *1ST DAN BLACK BELT (0-4 STAR)
- *2ND DAN BLACK BELT (0-4 STAR)

**2:00 PM AT THE
ALLEN LOCATION**

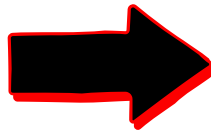
BLACK BELT TEST ORIENTATION

**4:30 PM AT THE
ALLEN LOCATION**

PLEASE NOTE:

**THERE WILL BE NO
CLASSES ON
AUGUST 23RD FROM
11:40 AM TO 1:00 PM.**

AT PLANO LOCATION



11:40 ~ 12:20pm	<i>Bodon & All Black Belts (Kids & Adults)</i>
12:20 ~ 1:00pm	<i>DEMO Master Program only</i>

**ALL CLASSES AT THE ALLEN LOCATION
WILL CONTINUE AS USUAL.**

**MORE DETAILS WILL BE SHARED VIA EMAIL—PLEASE KEEP
AN EYE ON YOUR INBOX!**



BACK-TO-SCHOOL REMINDER!

AS WE HEAD INTO A NEW SCHOOL YEAR, IT'S THE PERFECT TIME TO RESET ROUTINES, SET GOALS, AND BRING MARTIAL ARTS FOCUS INTO THE CLASSROOM!

With **school back in session**, we understand schedules can get a little busy — but we're here to help you stay on track!

Remember, you're always welcome to keep attending classes that best fit your new routine. If your regular class time no longer works, don't worry — just reach out to our front desk. We'll help you find a belt-appropriate class that fits your school schedule and keeps your Taekwondo journey going strong!

- **Stay consistent**
- **Stay focused**
- **And remember — we're here for you every step of the way!**



Be a Leader:

Show respect to your teachers and kindness to classmates — just like we practice in class!

Use Your Black Belt Focus:

Apply the same focus and discipline from the dojang to your homework and schoolwork.

MKMA YOUTUBE CHANNEL



We're on YouTube - Subscribe Now!

Exciting news — our Master Kang's Martial Arts YouTube channel is live!

We've already posted 3 videos, and new content goes up every week.

- **See behind-the-scenes clips**
- **Learn tips and techniques**
- **Stay connected and inspired — even outside the dojang!**
-

Plus, learning videos are coming soon to help you sharpen your skills at home!

👉 Don't forget to like, comment, and subscribe to stay up to date with all our latest content!



STUDENT SPOTLIGHT



Autumn



As a father, it has been incredible to watch my daughter Autumn grow at Master Kang's Martial Arts. From the moment she started as a white belt, she has faced and pushed through real challenges both on and off the mat. She has overcome hardships that could have held her back, but instead, they became part of what made her stronger.

Now at 16, she carries herself with confidence, focus, and a clear sense of direction. Taekwondo has done more than just teach her martial arts. It has changed the course of her life. It has helped her stay grounded, work hard, and believe in her future.

Thanks to Grandmaster Kang, Autumn is now part of the MKMA team and is on her way to becoming an instructor. This opportunity has helped her grow as a leader and take on real responsibility, something that will benefit her for years to come.

I am truly grateful for everything the school has done for her. The support, the lessons, and the belief in her potential have made all the difference. Thank you for being such an important part of her journey.

ASIAN MARTIAL ARTS CULTURE CORNER

Martial arts are deeply rooted in the rich traditions of Asia. This month, we're celebrating the diversity and history of different styles from across the continent—each with its own values, techniques, and cultural meaning.

- Taekwondo (Korea): Known for powerful kicks and fast footwork. It emphasizes discipline, respect, and perseverance.
- Karate (Japan): Focuses on precise strikes, strong stances, and inner strength.
- Kung Fu (China): Combines fluid movement with philosophy, balance, and tradition.



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- Kalaripayattu (India): One of the world's oldest martial arts, blending agility with yoga-like movements and ancient weapons.
- Arnis (Philippines): A fast-paced stick and blade martial art teaching timing, reflexes, and self-defense.



Arnis
(Philippines)



Kalaripayattu
(India)



STAFF PICKS – MASTER LIAM'S FAVORITE!



This month, we asked Master Liam to share one of his favorite things from Asian culture — and he picked kimchi!

Kimchi is one of the traditional Korean dishes, and since it's a fermented food, the taste changes depending on how fresh or aged it is, which makes it quite unique.

Most Koreans enjoy kimchi as a side dish with rice at almost every meal.

Next time you're at class, ask Master Liam why he loves it — and maybe give it a try yourself!

MONTHLY CHALLENGE



ACTS OF RESPECT



This month, we're focusing on one of the most important martial arts values — RESPECT.

Your challenge:

Show 3 acts of **respect** at **home**, **school**, or the **dojang**!

It could be helping a family member, listening to your teacher, or showing kindness to a teammate.

Write them down or tell your Master— we'd love to hear how you're practicing respect in everyday life!

Let's lead by example, on and off the mat!

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!

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!