



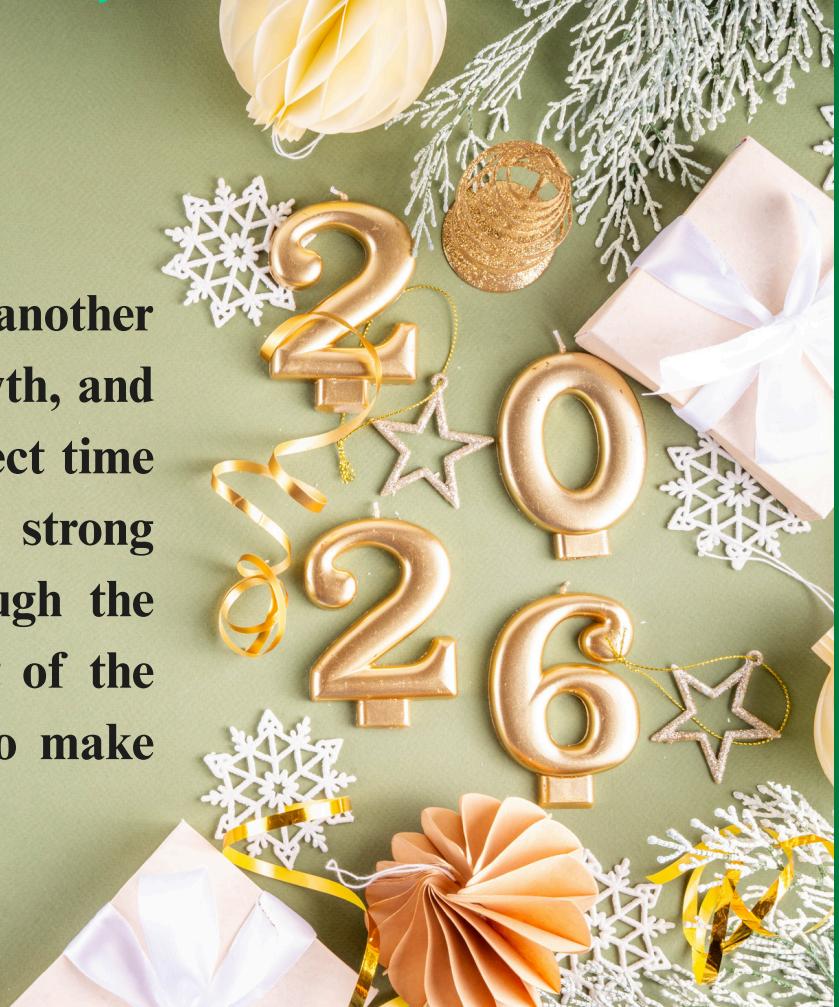
Master Kang's Martial Arts January Newsletter

A NEW YEAR OF STRENGTH, DISCIPLINE, AND GROWTH

HAPPY NEW YEAR, MKMA FAMILIES!

Welcome to 2026!

We're excited to kick off another incredible year of training, growth, and community. January is the perfect time to reset, set goals, and build strong habits that will carry us through the year. Thank you for being part of the MKMA family—we're ready to make 2026 our strongest year !



JANUARY DATES AND IMPORTANT EVENTS



Low and Middle Belt Testing
January 16, 17th 2026
Location : MKMA Allen

LOW & MIDDLE BELT TESTING

**Friday,
January 16th** ↴

TIME	Current Belt
05:20 ~ 06:30 PM	TIGER TOTS (Only <u>White ToT Belt</u>)
06:40 ~ 08:10 PM	Blue & Red Stripe
08:20 ~ 09:30 PM	Blue Stripe

- Plano and Allen locations, there are **NO CLASSES** on these Days!
- **Yellow Belts and Up** - your testing will start with Sparring! Please be ready in your gear before you enter our school!

**Saturday,
January 17th** ↴

TIME	Current Belt
11:00 - 12:10 PM	TIGER TOTS (Green Stripe, Blue Stripe, Red Stripe)
12:20 - 01:20 PM	YELLOW
01:20 - 02:20 PM	BREAK TIME
02:20 - 03:50 PM	Green Stripe & Green
04:00 - 05:20 PM	YELLOW STRIPE
05:30 - 06:50 PM	WHITE

★ **Testing paper due date:** By January 14th ★

★ **BELT TEST LOCATION:** [MKMA Allen] 945 W Stacy Rd #100, Allen, TX 75013 ★

Family Workshop

January 10th

Keep an eye on your inbox
for details

Bring a Friend Day!

January 24th (Plano)

January 31st (Allen)

Keep an eye on your inbox
for details

SPECIAL GUEST MASTERS

We are excited to begin the New Year with some wonderful news!

As mentioned in our December newsletter, we are honored to welcome two highly qualified and talented guest masters to our dojang. Starting the first week of January, **Master Yoo** and **Master Cha** will be joining our team.

Both masters bring a wealth of experience, skill, and passion for teaching, and our students will greatly benefit from learning under their guidance. Their knowledge and dedication will add tremendous value to our program and help our students continue to grow in confidence, discipline, and technique.

Please join us in giving a warm **Master Kang's Martial Arts** welcome to **Master Yoo** and **Master Cha**!  



LIFE SKILL OF THE MONTH

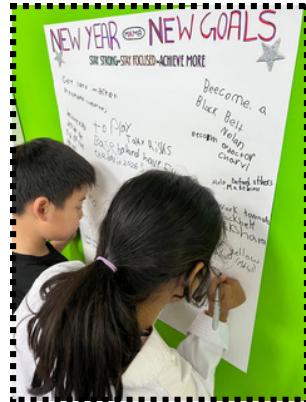
GOAL SETTING

Our life skill for this month is Goal Setting.

Before the New Year began, our students took time to reflect and write down their personal goals for the upcoming year on our New Year Goal Poster.

Writing goals down is the first step toward achieving them and our students are already on the right path.

A glimpse of our goal-setting moment is shown below—let's cheer our students on as they work toward their 2026 goals! 



WINTER TRAINING TIPS

Keep your body warm, flexible, and ready for class

- Arrive **5–10 minutes early to stretch**
- Bring a water bottle—even in winter
- Wear layers to and from class
- We have MKMA hoodies for students. Please reach the front office staff if your student needs one.
- Practice light warm-ups at home before class
- Stay consistent—training momentum starts now!



JANUARY FAMILY CHALLENGE

Start the year strong with our MKMA January Family Challenge!

This month's challenge is all about teamwork, consistency, and building healthy habits together at home.

★ 10-Day Kick Challenge

For 10 days in January, complete the following as a family:

- 20 Front Kicks
- 20 Side Kicks



That's it—simple, fun, and powerful for fitness and technique!

Let's kick off 2026 with energy, teamwork, and strong Taekwondo spirit!



MKMA YOUTUBE CHANNEL

We're on YouTube- **Subscribe Now!**

👉 Parents, don't forget to **subscribe** and **like** our channel to stay connected with your child's journey.

We upload new videos every **Monday**—from class highlights to training tips and special events. Your support helps us share the spirit of Taekwondo with our community!



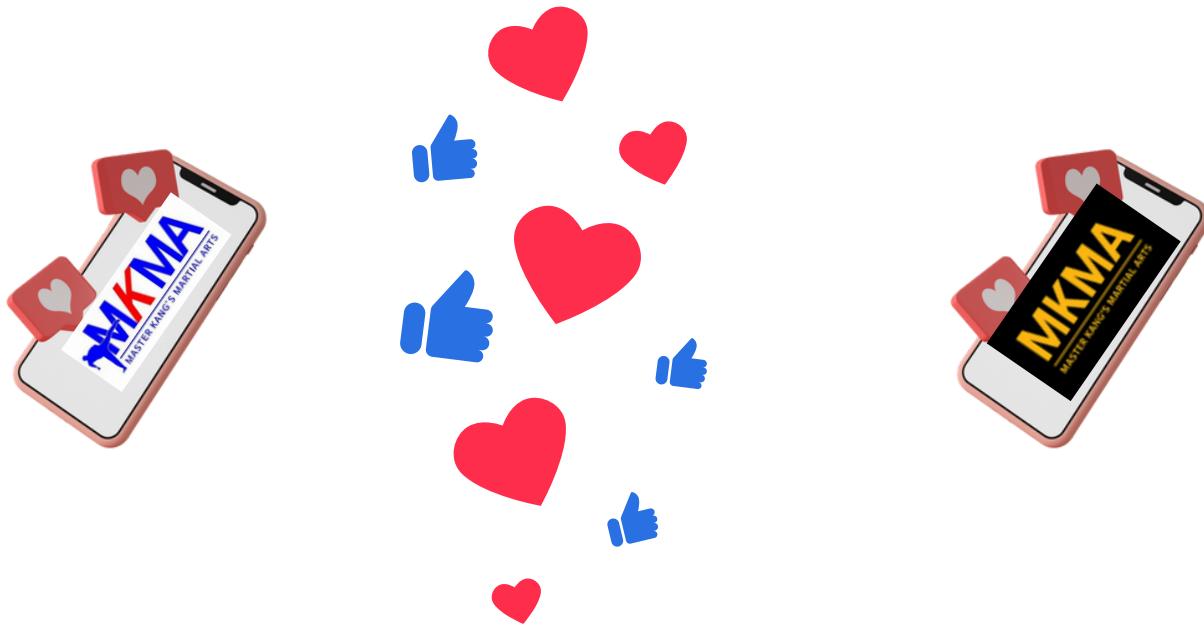
FOLLOW AND SUPPORT OUR CONTENT

We're building an even better online presence this year
-more **videos**, **training tips**, and **highlights** from **class!**

Please support us by:

- Following **MKMA** on **Facebook**, **Instagram**, and **YouTube**
- **Liking** or **sharing** posts that feature your child
- Leaving a positive review sharing your family's experience

Every like, comment, and review helps our school grow!



PARENT CORNER

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](#)

THANK YOU

💖 A Special Thank You to Our Parents 💖

We want to take a moment to thank all of our amazing parents for your continued support! Your encouragement, time, and dedication make a huge difference in your child's martial arts journey. From bringing them to class, cheering them on, and helping them practice at home—you are a vital part of their success.

We are truly grateful to have such a wonderful community of families here at Master Kang's Martial Arts. Thank you for being part of our dojang family!

