

Tri City Kempo Karate



February 2020

Contact Tri-City
Kempo Karate at:

516 E. 1st. Ave. #D-2
Kennewick, WA. 99336

(509) 585-0853

or

Rick Thompson
(509) 366-0499 (C)

MONTHLY DUES:

Children (12 and under) - 45.00

Teens (13 to 19 yrs.) - 50.00

Adults (20 and over) - 55.00



On January 25th, it became the Year of the Rat in the Chinese zodiac. If you were born in 1960, 1972, 1984, 1996 or 2008, you are a “Rat”.

The “Rat” is the first of all zodiac animals. According to one myth, the Jade Emperor said the order would be decided by the order in which they arrived to his party. The Rat tricked the Ox into giving him a ride. Then, just as they arrived at the finish line, Rat jumped down and landed ahead of Ox, becoming first.

The Rat is also associated with the Earthly Branch ZI and the midnight hours. In the terms of yin and yang, the Rat is Yang and represents the beginning of a new day.

In Chinese culture, rats were seen as a sign of wealth and surplus. Because of their reproduction rate, married couples also prayed to them for children.

Rats are clever, quick thinkers; successful, but content with living a quiet and peaceful life. Optimistic and energetic, people born in the Rat year are likable by all. They are sensitive to other’s emotions but are stubborn with your opinion. Their personality is kind, but due to weak communication skills, their words may seem impolite and rude. On the financial side, they like saving and can be stingy. However, their love for hoarding will sometimes cause them to waste money on unnecessary things.

Lucky colors: blue, gold, green. Lucky numbers: 2, 3.

FOREGIVENESS

is a gift to yourself. It frees you from the past, past experiences, and past relationships. It allows you to live in the present time. When you forgive yourself and forgive others, you are indeed free.

Tiny Buddha



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SCHOOL ACTIVITIES:

This year started off good with Sensei Vinnie Rizzo and two other Black Belts from the Tri City School of Karate (Shudokan) coming in this past Thursday to teach a class on Groundfighting. There were four students invited from the kids class to attend and everyone had fun and learned a lot. I've had talks with Sensei Vinnie and we may have him come back later in the year for a class on "Bunkai".

Our community service for "Soul Soup" will take place later this month. The details are still being ironed out so the date is not set yet. Due to the small quarters we will split the class up into (2) two teams, with one team providing dinner on a Monday, the other providing dinner on the following Wednesday. There will be a sign-up sheet circulating at the do-jo. Time will be 4:00 - 6:15pm on each of those days.

LOOKING FORWARD:

We are anticipating a number of belt tests in both, the kids class and the adult class. Should provide for a fair amount of sparring coming up in the next few weeks. Make sure you have your safety gear with you at all times.

On Monday, March 9th and Tuesday, March 10th Tri City Kempo Karate will be leading the Eastgate Grade School "After School Matters" program. Several of our students participated last year and I hope to invite a few of the senior students from the kids class this year to help. Our teaching curriculum will be exercise and self-defense based. I will develop the teaching plan soon and we will take time in our classes to go over the plan so everyone knows what to expect. The Eastgate kids are really looking forward to us coming over.

Our annual February trek to Spokane for "The Flame" karate tournament is no longer being held. There are a few spring karate tournaments that are held in the Pacific Northwest, which would require travel. If anyone is interested, let me know and we can work to find one that is reasonable to travel to.

Lastly, toward the end of March and early part of April we will hold a "2020 Kempo T-shirt" contest. I'll supply a couple of different designs along with a variety of colors so we can have new T-shirts for the summer.

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