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**FROM SENSEI**  
Kids say the funniest things!

I have heard the darndest things in my classes. The students really make me laugh with some of the things they say!  
Is this your child?

*Sensei:* You're moving your left foot before the turn instead of your right.

*Student:* I did move my right foot. Sensei, I think you are having an optical illusion!

Let me know if you think your kid said this.



**Vibrantfit.com-A Sensei Recommendation!** I have tried many of the mainstream workout gear like addias & nike, but nothing compares to the feel and shaping I have found with Vibrantfit.com. I really enjoy this line for my hot yoga class. It's quality last very long and looks GREAT! Check it out on Vibrantfit.com and mention Sensei Tara for a discount! You will love the way you look in Vibrantfit!

**LEGACY ACADEMY**  
Back on Schedule



This location is not intended to be an all Girls class, but sign-ups this year have only been girls. It has been a long time since I have taught an all girls class and realize how much I enjoy it. We are a little more chatty, but we defiantly get things done. This class starting out this year with mostly white belts as been very impressive. All the girls have a great foundation of natural strength, flexibility and coordination. This class could move very quickly if they can stay focused. Again boys are invited, but they better bring their A game!

**STUDENT OF THE MONTH**



**Alex Romich**

**November 2010**

Alex Romich started JFK Karate when he was 5. Achieving his Blue Belt he decided to take a break from Karate. This year he has returned and picked up even stronger than when he left. He is very focused, and determined. Being a Blue Belt he was able to practice on his own during his break. He is picking up techniques very easily, and is a Great Sempai. He leads by example and offers help regularly.

Sometimes a break for a student can be more advantageous than pushing to fit karate in a full schedule or working through a burnout. Alex is a great example of a student who carries his martial art inside of him

**Don't Forget Holiday Catalog Orders NOW!**



**HOLIDAY CALENDAR**

DECEMBER 2010							January 2011						
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	6	7	8	9	10	11	1	2	3	4	5	6	7
12	13	14	15	16	17	18	8	9	10	11	12	13	14
19	20	21	22	23	24	25	15	16	17	18	19	20	21
26	27	28	29	30	31		22	23	24	25	26	27	28
← NO KARATE CLASSES →							29	30	31				