

CKFA



Training Tip

“If you are not willing to invest in years of practice, don't expect to advance far in the art.”



Congratulations to CKFA's latest Black Sashes! Margaret Scheving and Michelle Kline attained their Black Sash in Kung Fu. Judi Satow, CKFA's first double major attained her Black Sash in Tai Chi. She tested for her Black Sash in Kung fu in 2018.



Wishing everyone a happy and healthy holiday season. As 2024 comes to a close, page back to when you first started your training. See how far you have come. Continue to look forward with positivity and grit. You will be blessed beyond measure both in your training and in your life. “Train Harder, Live Better!”

Birthdays

| | |
|----------------|----|
| William B. | 4 |
| Bret M. | 4 |
| Adrian C. | 12 |
| Evan C. | 12 |
| Margaret S. | 12 |
| Aria T. | 12 |
| Laith G. | 19 |
| Khalil G. | 19 |
| Jeremy G. | 24 |
| Sihing Mark G. | 29 |
| Benjamin B. | 30 |



HOLIDAY POTLUCK PARTY!
Mark Your Calendar!

When: Sunday, December 15th
Where: Pleasant Hill Community Center, 320 Civic Drive
Time: 5:30 pm - 8:00 pm
Cost: \$20 - 12 yrs. and older
\$10 - 5 - 11 yrs.
Free - 4 yrs. and under

PRE-PURCHASE SEATS. Deadline 12/11

Promotions

Yellow Fringe

Andrew C.
Sofie G.
Taylor H. - 1st Stripe
Lloyd M. - 2nd Stripe
Maven C. - 3rd Stripe
Norrin W. - 3rd Stripe

Gold Fringe

Jigar D.
Tyson T.
Bailey B. - 1st Stripe
Jeremy G. - 1st Stripe
Dawn L. - 1st Stripe
Saia D. - 3rd Stripe

Orange Fringe

Alex B.
Laith G.
Zeno C. - 1st Stripe

Green Fringe

Nico Y.

White Tiger

Evan C. - 1st Stripe
Benjamin P. - 4th Stripe

Gold Tiger

Canaan Mc. - 1st Stripe
Benjamin B. - 3rd Stripe
Jonah P. - 3rd Stripe
Logan Y. - 3rd Stripe

Purple Tiger

Thea W. - 1st Stripe
Ella L. - 2nd Stripe

Red Sash

Anthony G. - 1st Stripe
Anne M. - 1st Stripe
David W. - 3rd Stripe

White Fringe

Jinny K.

Purple Fringe

Apollo T. - 1st Stripe

Blue Fringe

Jayden A. - 1st Stripe
Ayaan T. - 2nd Stripe

Black Sash

Michelle K.
Margaret S.
Judi S. (Tai Chi)

MARK YOUR CALENDARS

December 15 - HOLIDAY PARTY
Dec 23 - Jan 5 - CLOSED for WINTER BREAK

| SU | M | T | W | TH | F | S |
|-----------|-----------|-----------|--------------|-----------|-----------|-----------|
| D | E | C | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | Jan 1 | 2 | 3 | 4 |



Winter Break!

The academy will be closed from
Dec. 23-Jan. 5.
Make sure to reschedule your
private lesson(s).

HAPPY HOLIDAYS!
Enjoy the time with your family
and loved ones.

New Class Schedule

Starting Monday January 6th