



## Schedule of Events

Jan 4	Classes Resume
Jan 8	World Extreme Fighting Pittsburgh, PA
Jan 9	Closed except for Yoga
Jan 9- Jan 10	MMA Expo King of Prussia, PA
Jan 14	Leadership @ 5 - 6 pm
Jan 18	Launch of New Web Site www.lvirk.com
Jan 20	Leadership @ 5 - 6 pm
Jan 23	BBC @ 10 – 11 am
Jan 23	Locked in the Cage 2 Philadelphia, PA Fights @ 7 pm
Jan 25	Leadership @ 5 - 6 pm
Jan 30	Belt Testing 8 - 10 am
Jan 30	UGC Challenge Hamburg, PA Tournament @ 11 am
Jan 30	Althouse Kickboxing Hamburg, PA Fights @ 6 pm

## Happy Birthday

Caleb M. Jeremiah M.  
Joseph W. Griffin W.

## Monthly Brainteaser

Use the letters in the words "HAPPY NEW YEAR" to make other words with 4 or more letters. The student with the most words by January 28 wins a prize.

### Answer to December's Brainteaser:

1. O Holy Night; 2. It Came Upon a Midnight Clear; 3. O Come All Ye Faithful; 4. Away in a Manger; 5. Let It Snow; 6. Go Tell It on the Mountain; 7. What Child Is This?; 8. Joy to the World; 9. Hark the Herald Angels Sing; 10. Twelve Days of Christmas; 11. Silent Night; 12. We Three Kings; 13. Angels We Have Heard on High; 14. White Christmas; 15. Frosty the Snowman; 16. All I Want for Christmas is my Two Front Teeth; 17. I Saw Mommy Kissing Santa Claus; 18. Winter Wonderland; 19. Deck the Halls; 20. Little Drummer Boy; 21. First Noel; 22. Silver Bells; 23. Rudolph the Red-Nosed Reindeer; 24. Santa Claus is Coming to Town; 25. O Little Town of Bethlehem

## 20 Healthy New Year's Resolutions for Kids

A **New Year's resolution** is a commitment an individual makes to a project or the re-forming of a habit, often a lifestyle change that is generally interpreted as advantageous.

### Preschoolers

- I will clean up my toys.
- I will brush my teeth twice a day, and wash my hands after going to the bathroom and before eating.
- I won't tease dogs – even friendly ones. I will avoid being bitten by keeping my fingers and face away from their mouths.

### Kids, 5 to 12-years-old

- I will drink milk and water, and limit soda and fruit drinks.
- I will apply sunscreen before I go outdoors. I will try to stay in the shade whenever possible and wear a hat and sunglasses, especially when I'm playing sports.
- I will try to find a sport (like karate) or an activity (like practicing karate, playing tag, jumping rope, or riding my bike) that I like and do it at least three times a week!
- I will always wear a helmet when bicycling.
- I will wear my seat belt every time I get in a car. I'll sit in the back seat and use a booster seat until I am tall enough to use a lap/shoulder seat belt.
- I'll be nice to other kids. I'll be friendly to kids who need friends – like someone who is shy, or is new to my school.
- I'll never give out personal information such as my name, home address, school name or telephone number on the Internet. Also, I'll never send a picture of myself to someone I chat with on the computer without my parent's permission.

### Kids, 13-years-old and up

- I will eat at least one fruit and one vegetable every day, and I will limit the amount of soda I drink.
- I will take care of my body through physical activity (like karate) and nutrition.
- I will choose non-violent television shows and video games, and I will spend only one to two hours each day – at the most – on these activities.
- I will help out in my community – through volunteering, working with community groups or by joining a group that helps people in need.
- I will wipe negative "self talk" (i.e. "I can't do it" or "I'm so dumb") out of my vocabulary.
- When I feel angry or stressed out, I will take a break and find constructive ways to deal with the stress, such as practicing karate, exercising, reading, writing in a journal or discussing my problem with a parent or friend.
- When faced with a difficult decision, I will talk with an adult about my choices.
- I will be careful about whom I choose to date, and always treat the other person with respect and without coercion or violence.
- I will resist peer pressure to try drugs and alcohol.
- When I notice my friends are struggling or engaging in risky behaviors, I will talk with a trusted adult and attempt to find a way that I can help them.

## Student of the Month

**Josh T.** really stood out during testing for his yellow belt. Josh is attentive during class and is always eager for more. Congratulations Josh!

## New LVIRK Web Site

The new design of the LVIRK Training Center web site at [www.lvirk.com](http://www.lvirk.com) will be launched on Monday, January 18, 2010. The new logo and web site design were created by DSSmith & Associates. For more information on their web design services, visit [www.dssmithcreative.com](http://www.dssmithcreative.com).

The web site was developed by our very own Sensei Becky. In addition to teaching karate classes at LVIRK Training Center, she keeps busy during the day with her own web programming business, Bushido Enterprises, Inc. For more information on her web development services, visit [www.bushidowebcreations.com](http://www.bushidowebcreations.com).

When initially launched, the new web site will contain some additional features, such as an online store and links to download the LVIRK Training Center newsletter.

Keep checking back, because there are many more new features to come! We will be adding news stories to our site so you can keep up with all of the activities going on at LVIRK Training Center and with our members. For karate students, we will also be posting belt testing requirements and karate homework sheets to download.

## LVIRK Newsletter Goes Green

Starting in January 2010, the LVIRK Newsletter will be available online on our newly designed web site ([www.lvirk.com](http://www.lvirk.com)).

If we have your email address on file, we will start sending the newsletter to you in February. If you choose not to receive the newsletter, all you have to do is click the unsubscribe link at the bottom of the email. If we do not have your email address on file, visit [www.lvirk.com](http://www.lvirk.com) (after January 18, 2010) and click on News | Newsletter. Complete the Subscribe form to begin receiving the monthly newsletter directly to your inbox.

## Social Networking with LVIRK

LVIRK Training Center is now on Facebook and Twitter. Get up to date information by becoming a fan or follower.

**Facebook** - Become a fan of LVIRK Training Center at <http://www.facebook.com/pages/Catasauqua-PA/LVIRK-Training-Center/272948078209> and/or become a fan of LVIRK MMA Team Hammer at <http://www.facebook.com/TeamHammerMMA>.

**Twitter** - Follow LVIRK Training Center at <http://www.twitter.com/lvirk>.

## Inclement Weather

In the case of bad weather, we will post any closings or class cancellations on the event calendar on [www.lvirk.com](http://www.lvirk.com) and we will attempt to notify everyone via email and/or text message.

Please see Leanne to update your contact information (email address/cell phone).

## Student of the Year

**Mackenzie B.** always puts forth a lot of effort in her karate training. She spent a lot of extra time training with Sensei Val to prepare for her first tournament this year. She did a great job in the tournament and we are very proud of her! Her determination and dedication set a great example for everyone. Congratulations Mackenzie!

## Valentine's Day Cards

LVIRK Training Center will be distributing FREE Martial Arts Valentine's Day Cards for karate students to give to their friends and classmates. Valentines will be available for pickup starting Monday, February 1. Each Valentine offers a FREE Month of martial arts for the recipient.

## December Belt Testing

<b>Yellow Belt</b> Emily B. Ashlyn M. Joshua T. Sarah T.	<b>Orange Belt</b> Jacob D. <b>Green Belt</b> Joshua D. Caleb M. Jeremiah M.	<b>Brown Belt 2</b> Nikolas F. <b>Jr Black Belt - Yellow Stripe</b> Bryan D. <b>Jr Black Belt - Blue Stripe</b> Matthew D.
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## UGC XI "Adrenaline"

Ultimate Grapplers Challenge presents UGC XI "Adrenaline", a gi and no gi submission grappling event on Saturday, January 30, 2010 in Hamburg, PA. For more information or to register, visit [www.ugc-challenge.com](http://www.ugc-challenge.com).

Date: Saturday, January 30, 2010  
Time: Weigh-ins at 8:30 - 10:30 am  
Tournament at 11:00 am

Location: Hamburg Field House  
500 Pine Street  
Hamburg PA 19526

Competitors: \$60 for 1 Division (No Gi OR Gi)\*  
\$75 for 2 Divisions (No Gi AND Gi)\*

\* Prices for online registration. Registration at the door is \$15 more.

## Althouse Kickboxing

Althouse Karate and Kickboxing Academy presents a United States Kickboxing Alliance Sanctioned Kickboxing and Muay Thai event on Saturday, January 30, 2010 in Hamburg, PA. For more information or to purchase tickets, visit [www.althousekarate.com](http://www.althousekarate.com).

Date: Saturday, January 30, 2010  
Time: Doors open at 5:00 pm  
Fights at 6:00 pm

Location: Hamburg Field House  
500 Pine Street  
Hamburg PA 19526

Fighters: \$30  
Spectators: \$20 for bleachers, \$30 for ringside

## Attention Please

Please put gear, bags, shoes, & coats in the racks provided, even if you need to share with someone else. Leaving your things on the floor could pose a possible hazard to others.