



The BLACKBELT Bulletin

1st EDITION, APRIL 5th-11th, 2021

PREPARED TO LIVE, EMPOWERED TO LEAD

KMMA TEAM:

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Lesson of the Week:

This week's lesson of the week is on technique, principle and attitude. In our Krav Maga self defense, the techniques are the specific responses to specific attacks. In the case of the example I will use for this lesson, students train in a specific defense against the headlock attack. It's a great technique built to counter the specific threats of the headlock, and it works most of the time.

But like all things, it doesn't work all the time. The attacker may modify the attack in ways that make the technique ineffective. When the technique fails, it's important that the kravist understands the principles that make the technique work- in this case leverage to the neck. Then, with slight modification the defender can still thwart the attack.

Then sometimes, technique fails, principle alludes, and the only thing left to create the desired outcome is attitude. The attitude that we train in self defense is that we never quit; an attitude of aggressiveness and perseverance that makes the Krav Maga Martial Artist far more likely to survive a violent attack.

And, like so many of the lessons of KMMA, this training isn't only for defending against violence, but for prevailing against anything. In this life we are faced with many trials and tribulations. We know that the things that happen to us happen to all of us, and life is 10% what happens and 90% how we react to what happens. So we train our techniques, study our Blackbelt Leadership Principles, and hone our warrior attitude; so that when we are faced with adversity we respond powerfully.

Anyone can talk the talk, but who will walk the walk. I will. I think you will too. I'm proud to have you in this Blackbelt Leadership Development program and proud of you and your warrior attitude. Remember, you never lose until you quit.

Prepare To Live; Empower To Lead!
Grand Master Stephen Del Castillo
Author, MBA, 7th Degree Blackbelt
Founder & Chief Master Instructor, KMMA

News & Announcements

Quality of a Champion: Speed!

Parents night out now on Saturday!
04/17 - Field Day Games and Treats

Students of the Week:

For Incredible Blackbelt excellence and Indomitable Spirit!

Foundations:
Casey Bolcar



Level 1:
Kelley Tredway



Level 2:
April Tutor



Level 3:
Shannon Wittwer



Welcome New

Students:

William Johnson
Grace Henderson
Evan Dyches



Congratulations Future Blackbelt Leaders:

Maxwell Eubanks
grayson Eubanks
Holly Spencely
Ayden Spencely
JamesHatcher

Daniel Venturino
Markus Venturino
Aria Venturino
Scarlet Venturino
Thea Breland
Samantha Sanderson
Jason Amiott
Kiera Amiott
Rynn Amoitt



HAPPY BIRTHDAY!

Sanchez, Suri - 04/03/2012
Sallustio, Christina - 04/06/1975
Gloger, Bennett - 04/08/2013
Skop, Nikolas - 04/11/2007