

Highest Intentions

Highest Intentions
Choi's Tae Kwon Do
332 West Water Street
Kerrville, TX 78028

Phone: 830-895-5577
www.highestintentions.com
highestintentions@ktc.com

The upcoming testing has been set for Thursday, June 16th at 6:00pm. We hope that the students will remain focused and practice diligently (taking advantage of the extra classes!!!) so as to move forward with confidence throughout their testing, allowing them to enjoy their break knowing that they did their very best.

Five truths about Fear

1. The fear will never go away as long as I continue to grow.
2. The only way to get rid of the fear of doing something is to go out and do it.
3. The only way to feel better about myself is to go out...and do it.
4. Not only am I going to experience fear whenever I'm on unfamiliar territory, but so is everyone else.
5. Pushing through fear is less frightening than living with the underlying fear that comes from a feeling of helplessness.

June 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 New Moon	2 Kerrville 5:30-6:30 Kids 6:30-7:30 Adults	3	4 Open Session 10:30 - 12:00
5 Rick Blackburn	6 Noah Given	7 Kerrville 5:30-6:30 Kids 6:30-7:30 Adults	8	9 Kerrville 5:30-6:30 Kids 6:30-7:30 Adults	10	11 Open Session 10:30 - 12:00
12	13 Gabriela Loeza	14 Kerrville 5:30-6:30 Kids 6:30-7:30 Adults	15 Open Session 5:30 - 7:00 Full Moon	16 Testing 6:00pm	17	18
19 Happy Father's Day!!! Tami Given	20	21 1st Day of Summer!!!	22	23	24	25
26	27	28	29	<div style="border: 1px solid black; padding: 10px; background-color: #f9e79f;"> <h3 style="margin: 0;">Summer Break</h3> <p style="margin: 0;">(return Tuesday July 5th)</p> </div>		

Happy Birthday !!!

Martial Arts & Fitness Center

Therapeutic Massage / Martial Arts Instruction
Offering a large and most diversified selection of therapies and arts
for the mind, body & spirit.

