



NEWSLETTER OCTOBER/NOVEMBER 2021

Aikido?... kinda. Jiu Jitsu? ...Yes Sir.

Kenpo?...Yup, that too. Karate?...not so much.

Taekwondo?...definitely not.

The Perfect Recipe that is Makoto and Martial Arts Studio Martial Arts



Sooo...what martial arts do you do here? That's always a tough question we get here. We believe though that one martial art can't possibly give you all the skills you need. After many years trying out many, many martial arts, Shihan La France chose what he believed was the most useful in the real world and opened the Martial Arts Studio.

Kenpo aiki-jujitsu, any person of any size can defend themselves against anyone. You don't need to be military trained or extremely fit, just know how to use your body and what's around you. Let's break it down. Our kenpo is Japanese kenpo, originally brought to Hawaii during WWII, it was adapted and taught to citizens as self-defense, against possible occupation by foreign armies. "Aiki" involves using your opponent's energy or momentum for your own benefit. You don't need to be big to throw an opponent, with the right training, you can make him throw himself. "Jujitsu" is found in many martial arts and is about disarming or neutralizing an attacker in close quarters. What do all these things have in common, self-protection, strength, strategy and confidence.

Our physical martial arts combined with yoga and calisthenics make up the core of what we teach the Makotolings at Makoto and the Martial Arts Studio. We're not about sporting or scoring points, we're about preparing you kids for the real world, with real martial arts.

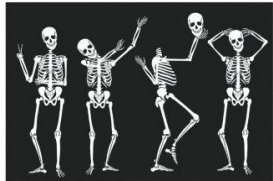


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UPCOMING IN OCTOBER and NOVEMBER



October 13th. Tell your friends! Every parent wants their kids to be prepared for the world. That's why we're offering a free Self-Defense Class to friends of Makotolings on the DASD Early Dismissal. We will provide transportation on the vans with their friends to the Newcomen location. See you there.



Great Scott! Parents Night Out is back and we're starting it with a bang, or rather a "Boo! Saturday October 30th will be a spooktacular shindig. Treats will be a plenty and costumes will be a must. Bring a ghoulish friend. Sign up on line or at either of our locations. Cost is just \$15 per child.



The Downtown school district will be closed November 2nd and November 4th. Rest assured though that we will be offering fun-filled Full Day Events on both days. Stay tuned for Rock Climbing and Ice Skating Fun



Fall break! AKA Thanksgiving vacation, AKA Turkey Time Out, AKA Black Friday Shopping Prep Week. Whatever you want to call it, the kiddos will have some days off. Makoto Afterschool will be closed from Tuesday the 23rd, through Friday the 26th. While our Makoto staff will be home for the Holidays Wed, Thursday, and Friday, we will be offering a Full Day Event on Tuesday November 23rd