



Kickin' Times



Spokane Karate/Jiu-Jitsu Center November 2024

Holiday Food Safety Tips

10 Steps to Avoid Turkey's Revenge

1. Shopping: Separate raw meat, poultry, seafood and eggs from other foods in your grocery cart, bags and refrigerator.
2. Thawing: Thaw the turkey in the fridge or in cold water. A larger turkey, 20 to 24 pounds, probably won't fit in the fridge. So if you're getting a large one, consider buying a fresh one.
3. Use a meat thermometer: Novices often underestimate thawing time for their turkey and wind up cooking it when it's still frozen in the middle. They also often rely on the weight of the turkey to determine cooking time. That combination can result in an undercooked interior. Check the temperature in the innermost part of the thigh and wing and the thickest part of the breast.
4. Unstuff it: For optimum safety, the stuffing should be cooked separately, outside the turkey cavity. If you stuff your turkey, it will take longer to reach 165, you want the stuffing to reach 165 also.
5. Cleaning cutting boards and towels: Reserve one cutting board for raw meats and poultry, another for vegetables and fruit.
6. Washing produce: Simple running tap water, with a vegetable brush for thicker-skinned fruits and vegetables, is sufficient.
7. To wash or not to wash poultry: Don't wash raw poultry, because you might actually create risk by spreading more bacteria around your kitchen.
8. Storing and freezing leftovers: In general, perishable food shouldn't be out for more than two hours. As soon as dinner's over, put leftovers in the fridge or freezer to inhibit bacteria growth.
9. Have an appliance thermometer: Listeria can grow at cool but not cold temperatures, so make sure the fridge is cold enough — at 40 degrees or below.
10. Reheating leftovers: If you're thawing leftovers, put them in the refrigerator, in cold water or in the microwave; never at room temperature. Food thawed in cold water or in the microwave should be cooked immediately. Whether they're taken from the fridge or freezer, bring sauces, soups and gravies to a boil when reheating. Heat other leftovers thoroughly (to 165 degrees for turkey).

Spokane Karate/Jiu-Jitsu Center UPDATE

5 Ways to Keep Up Your Training During the Holidays

'Tis the season for routine disruptions. And that includes training. It's the time of the year everyone takes a little time off for family and friends. Now, I'm not saying there's anything wrong with taking some time off, but if you want to stay on track meeting your goals, here are few tips to keep your routine a little more routine.

- 1) **Set goals** - Have a goal this holiday season. Maybe mark on the calendar the days you will definitely make class. It could be about a specific kata or techniques you want to improve. Setting a goal is the first step to making it real.
- 2) **Change your routine** - It might be a good time to try one of the other programs offered. Sometimes cross training can remotivate your core training.
- 3) **Keep a record** - Keep track of your classes and the material covered. Writing down what is practiced in class can help in keeping us focused on our goals.
- 4) **Get social** - Holidays are a great time to become more social with the people you train with. It's more fun and motivating to train with people you genuinely enjoy hanging out with.
- 5) **Reward yourself** - Set a reward for yourself if you achieve your holiday goals. Maybe a new uniform or training gear. Having something to look forward to always makes the journey easier.

Train Hard, Live Well and Enjoy the Season with Family and Friends!!!

New Spokane Karate/Jiu-Jitsu Center Members

Jacob White

Chris Perkins

Avinn Tolley
Colbie Rishel

Welcome to the Dojo!!!

November/December Birthdays!

Rosalinda Rogers 11/08
Larry Matthias 11/10
Brody Good 11/10
Adrien Zoltak 11/27
Kade Hern 11/11
Colbie Rishel 11/19

Alden Hammond 11/20
Tatum Colvin-La Forte 11/12
Peyton Henry 11/15
Paige Leinart 11/30
Taylor King 12/10
Brandon Berlik 12/15

Viktor Loktev 12/17
London Box 12/31
Avinn Tolley 12/19
Gretta Torvik 12/22

September & October Belt Promotions

Juniors

10th kyu - Thomas Ladd, Adrien Zoltak
9th kyu - Eamon Gaul
8th kyu - Paige Leinart
7th kyu - Charlie Wolcott

Adults

10th kyu - Taylor King
3rd kyu - Monica Scruggs

Yoku Dekimashita!!!
Congratulations To Everyone!!!



Schedule of Events

November 11th: Veterans Day!!!
Dojo Open for all classes!

November 23rd: Special Adult Class
10am until ?????!
 Come celebrate Sensei's Birthday!

November 26th: Adult In-Class Belt Exams at 7 pm! Be sure to turn in your application to grade by the 22nd!

November 27th: Junior In-Class Belt Exams at 5 pm! Be sure to turn in your application to grade by the 22nd!

November 28th - 30th: Thanksgiving Holiday, Dojo Closed!!!



November 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11 Veterans Day	12	13	14	15	16
17	18	19	20	21	22	23 Special Class! Sensei's B-Day
24	25	26 Adult Belt Exams	27 Junior Belt Exams	28 Dojo Closed for Thanksgiving!!!	29	30

Schedule of Events

December 12th: Adult Class Street Clothes Training. All students should come to class in regular street clothes. The class will be on firearm defense. Be sure to have clean soft-soled shoes with no debris to protect the mats. No Adult jiu-jitsu class!

December 24th - 26th: Dojo Closed! MERRY CHRISTMAS!!!

December 30th: In-Class Belt Exams! Juniors at 5:00 pm and Adults at 6:00 pm.

December 31st & January 1st: Dojo Closed! Happy New Year!!!



December 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12 Street Clothes Training	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 Junior & Adult Belt Exams	31 Dojo Closed Happy New Year!!!	1			