



Kickin' Times



Spokane Karate/Jiu-Jitsu Center October 2025

Too Tired to Exercise?

Autumn is here and with the cooler temperatures our outdoor activities tend to shift to indoor activities. Already evening classes are getting larger. That's great, but how do you keep motivated when colder temperatures and less sunlight can affect our body's internal clock, melatonin levels, a decrease in vitamin D, forces the body to work harder to stay warm (which consumes energy), dealing with stiffer muscles, all resulting in just feeling lethargic and fatigued.

How do you keep from making excuses to avoid class when you're tired? You know it is good for you and you always feel better after, but the "do it anyway" motto isn't cutting it any more. If it isn't due to a physical illness or low-iron level, then here are a few pointers to try to motivate yourself to keep going.

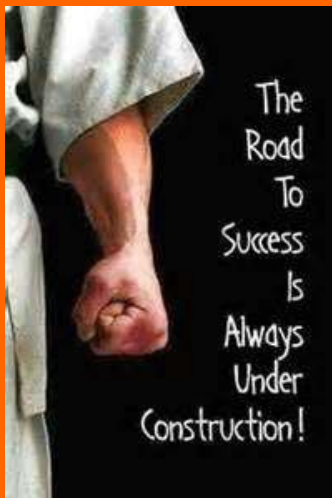
Sometimes the best cure for sluggishness or fatigue is a vigorous exercise session. Have you ever noticed how you can walk into your class exhausted, but after thirty minutes, you feel energized and invigorated? Exercise gets your blood flowing and zaps fatigue. If you need motivation to lure yourself to class, promise yourself a small reward after you finish class: like a long, relaxing bath or 20 minutes with your favorite book; just make sure it's not a hot fudge sundae!

If it is only occasionally that you find yourself too tired to come to class, go ahead and work out, but less

vigorously. You don't always have to train like a champ. Often you will find by slowing down and working on precision that you will actually improve more.

Change up your training. The dojo offers four different martial arts to train in. Cross training can recharge your excitement for class by challenging you with new curriculum to explore. Just add one class a week from a different discipline and see how you suddenly are more motivated than ever. The variety will be good for you both physically and mentally.

If you still find yourself "too tired," talk to your instructor about ways to exercise outside of class that will also benefit your martial arts skills. Give these tips a try and soon you'll no longer need the old excuse of being too tired to work out. Plus, you'll look and feel like a new person.



OCTOBER 9th

Street Clothes Training!

**Junior class at 5 pm instead of 4 pm
No Adult Jui-Jitsu Class!**

Juniors: Class will be "How to survive on the ground when the bully's got you down."

Adults: Class will be on staying safe in your car.

All students should come to class in regular street clothes. Be sure to have soft-soled shoes, free of any debris to protect the mat. This class is a great opportunity to bring in a friend or family member to learn concepts and techniques that could save a life!

OCTOBER 22nd

Junior In-Class Belt Exam at 5pm! Be sure to turn in your application by the **Friday before the grading.** This a regularly scheduled class. Non-grading students will line up in a second row from the grading candidates.

OCTOBER 23rd

Adult In-Class Belt Exam at 6 pm! Be sure to turn in your application by the **Friday before the grading.** This is a regularly scheduled class. Non-grading students will line up in a second row from the grading candidates.

OCTOBER 31st

Junior Halloween Party 4-5 pm

Every year it has been our tradition to have a big Halloween bash for all of our Junior Students, complete with; costumes, games, and goodies! We also encourage you to bring your brothers, sisters and friends. Please sign up for the party at the counter so that we will know just how many little ghosts and goblins we can expect. There will also be a sign-up sheet at the dojo for anyone who would like to help by bringing cupcakes and other goodies. We hope to see you all there!

We always have a great time and we don't want YOU to miss it !!!



October is here and Fall is in full swing. Temperatures are dropping, the leaves are changing color and Halloween is just weeks away! Here are some helpful tips on how to keep Halloween safe and fun!



October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9 Street Clothes Training	10	11
12	13	14	15	16	17	18 Black Belt Exam
19	20	21	22 Junior Belt Exam	23 Adult Belt Exam	24	25
26 Sensei Leave for Okinawa	27	28	29	30	31 Junior Halloween Party	

November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6 Street Clothes Training	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 Adult Belt Exam	26 Junior Belt Exam	27 Thanksgiving	28 Stuffed Turkey Workout	29



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