



What's Kickin' In October



Spokane Karate Center



Sensei Says:

Halloween is right around the corner, and that means one thing: It's time for costumes, candy, and all the horrors you can handle! Of course, trick-or-treating is the highlight of the season for most kids, but amid all the excitement, safety should always come first. From ensuring your little ghouls and goblins can see clearly and walk in their cute costumes, to picking the best routes for a night of candy collecting, there's a lot to consider.

Halloween Costume Safety Tips

1. **Dress children in brightly colored or light-colored costumes.** This helps them stand out in low light, making it easier for drivers and other pedestrians to see them.
2. **Use reflective tape, flashlights, or glow sticks for added visibility.** These items can help illuminate your child's path and make them more visible to others, especially at dusk.
3. **Make sure their costumes and shoes fit properly to prevent trips or falls.** Loose-fitting costumes can cause tripping hazards, so opt for outfits that allow for easy movement and comfortable footwear.
4. **Apply non-toxic makeup as an alternative to masks, which can block their view.** Makeup can enhance their costumes while keeping their vision clear, allowing them to navigate safely.
5. **Make sure their costumes and accessories are labeled "flame-resistant."** Flame-resistant materials can reduce the risk of fire, especially if they're near candles or other open flames.

Trick-or-Treating Safety Tips

1. **Always accompany young children around the neighborhood.** Having an adult present ensures that children stay safe, know the rules, and are guided through busy streets.
2. **Tell older children to remain in a group and stay in communication with you.** Encourage them to look out for each other and to use their phones to check in, ensuring they feel safe and connected.
3. **Avoid homemade treats and inspect all candy before it's consumed.** Store-bought treats are typically safer, and checking for tampering can help keep your little ghouls and goblins safe.
4. **Only go to well-lit homes.** Well-lit houses indicate a welcoming environment and help to avoid potential dangers lurking in the dark.
5. **Do not enter any homes or cars for treats.** Teach children to stay on the sidewalk and accept treats only at the door, helping to maintain personal safety and boundaries.

October Birthdays!



John Delhomme - 15th
Corbin Parker - 21st
Danielle Arnold - 29th

Otanjoubi
Omodetto
Gozaïmsu!!!



September Belt Promtions

Juniors

8th kyu - Magnolia Franck

Yoku

Dekimashita!!!

Congratulations To Everyone!!!

Schedule of Events



October 2026



Oct. 3rd: Adult Kobudo Training!

The weapons class will be training with the kon (staff).

Oct. 8th: Junior Kobudo Training!

The Junior weapons class will be training with the kon (staff).

Oct. 8th: Street Clothes Training!

Juniors at 4 pm and Adults at 6 pm. All students should come to class in regular street clothes. Be sure to have clean soft-soled shoes with no debris to protect the mats.

Oct. 28th: In-Class Belt Exams!

Juniors at 5:00 pm. Be sure to turn in your application to grade by the 24th!

Oct. 29th: In-Class Belt Exams!

Adults at 6:00 pm. Be sure to turn in your application to grade by the 24th!

Oct 30th: Juniors Halloween Party!

The fun starts at 4:00 pm. Come in costume for games, treats and fun! Parents, can sign-up to bring treats at the front desk.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Kobudo Training The Kon/Bo
4	5	6	7	8 Street Clothes Training	9 Kobudo Training The Kon/Bo	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28 Belt Exams	29 Belt Exams	30 Kids Halloween Party!	31