

FOCUS ON: *Refinement & Renewal*

January centered on **setting attainable goals**. February focused on **building consistent habits**. March is where **refinement** begins.

When a new movement becomes familiar, we gain the ability to refine it. When long-time members return to the fundamentals with fresh awareness, we gain the ability to refine them. In martial arts, progress is rarely dramatic. It is subtle. A stance becomes more stable. Breathing becomes quieter. Transitions become smoother.

These small refinements signal nervous system adaptation, improved joint alignment, and increased body awareness. What once required effort begins to feel integrated. This month, *shift the question* from “How hard am I training?” to:

- **Am I moving with intention?**
- **Am I reducing unnecessary tension?**
- **Am I breathing as I move?**
- **Does my current schedule still support consistency?**

Quality builds sustainable progress. Good alignment protects the body and strengthens awareness — especially important for those managing injury, rebuilding strength, or seeking long-term health. Spring also invites renewal.

Revisit your schedule. Adjust thoughtfully. Recommit with clarity. Health is not built through intensity alone. It develops through attentive, consistent practice. Focus on doing each movement to the best of your personal ability. **The results will follow.**



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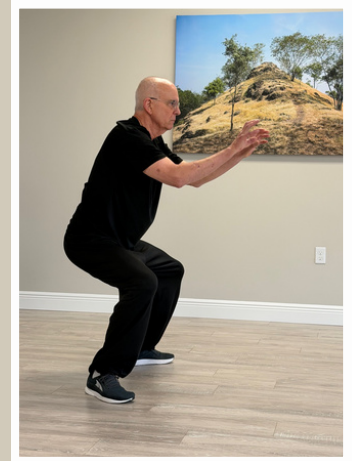
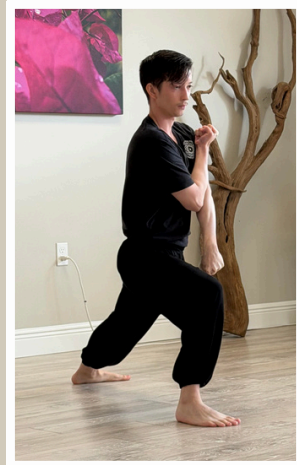
CHECK IT OUT!

February event

Friends & Family Demonstration



Orlando, FL



UPCOMING events



- March 7** Traditional Skills - Broadsword
- March 14** Traditional Skills - Broadsword
- March 28** Special Event: Outdoor Class followed by Spring Picnic at Trimble Park - *more info to come!*
- April 4** Traditional Skills - Broadsword
- April 11** Traditional Skills - Broadsword



The Martial Arts Center for Health is more than a place to train — it is for total development rooted in love, knowledge and oneness.

What truly sets us apart is the depth of knowledge behind our system and the ability to customize movement to each individual's needs and abilities.

FEBRUARY *celebrations*

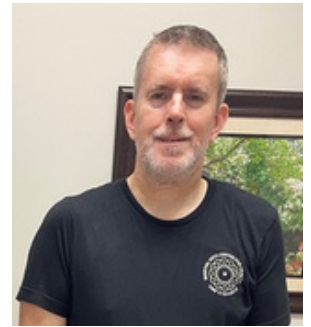
1ST SECTION

Ivan R.
Margaret B.
Neesha E.
Rob R.
Robert L.
Susan T.



2ND SECTION

Bruce D.
Cathy T.
Mike N.



3RD SECTION

Frank K.
Karen B.
Mike B.



4TH SECTION

Andrea M.
Debra L.
Jeannette Z.
Kathy C.
Marisol L.
Suzanne G.

