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NOVEMBER NEWSLETTER 692-1111

Welcome to our New Family

Birthdays in November

- 4 Master DeVries
- 16 Carter Schwalb
- 19 Adler Bendel
- 24 Joshua Robinson

2018 Korea Trip

There will be an informational meeting on Friday, November 17th at 6 pm. All interested in going to Korea should attend!

No Class

There will be no classes on November 23rd through the 25th! Happy Thanksgiving!

INSTRUCTIONS OF THE WEEK

October 30th – November 10th Forms
November 13th – November 17th Self-Defense
November 20th – November 22nd Kicking
Combinations
November 27th – December 1st Forms
Free-Style Classes on Saturday.

Breaking

Thursday, November 2nd
Thursday, November 16th
**Students must pay \$1 per board
they break.**

Sparring

Thursday, November 9th and November 30th
**YELLOW BELTS AND UP DO NOT FORGET TO
BRING YOUR SPARRING GEAR! NO GEAR =
NO PARTICIPATION**

Halloween Parade

There will be **no classes** on October 31st due to the Halloween parade! We will meet in the Lincoln Middle School parking lot at 5:45 and begin walking at 6:30 pm! You may wear regular clothes or your uniform, but you should dress warm! We hope to see you there!

Black Belt Helping Classes

Brown belts and higher are encouraged to come on the following Saturdays: November 4th, November 11th, November 18th, and December 2nd. Class goes from 9:00-10:30am

Testing

We will be holding an all-belt test on Saturday, December 16th. Belt ceremony immediately following.

Demo Team

Demo team practices will be held the following days:
November 10th at 6pm



Happy Thanksgiving