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**JANUARY NEWSLETTER  
692-1111**

**Welcome to our  
New Family**

**Birthdays in  
January**

- 5 Nicole Spencer
- 12 Emily Freeman
- 13 Dylan Connor
- 14 Brody Oesch
- 15 Charlotte Wiegiers
- 18 Christian Nosacka
- 25 Sophia Connor

**Annual Fee**

The \$50 annual fee is now due! All students are required to pay this fee by January 15<sup>th</sup>.  
Thank you!

**Happy New Year!!**



**INSTRUCTIONS OF THE  
WEEK**

January 2<sup>ND</sup> – January 12<sup>th</sup> Forms  
January 15<sup>th</sup> – January 19<sup>th</sup> Self-Defense  
January 22<sup>nd</sup> – January 26<sup>th</sup> Self-Defense and  
Kicking Combinations  
January 29<sup>th</sup> – February 2<sup>nd</sup> Forms  
Free-Style Classes on Saturday.

**Breaking**

Thursday, January 11<sup>th</sup>  
Thursday, January 25<sup>th</sup>  
**Students must pay \$1 per board  
they break.**

**Sparring**

Thursday, January 4<sup>th</sup>  
Thursday, January 18<sup>th</sup>  
Thursday, February 1<sup>st</sup>  
**YELLOW BELTS AND UP DO NOT FORGET TO  
BRING YOUR SPARRING GEAR! NO GEAR = NO  
PARTICIPATION**

**Nerf Gun War**

On January 26<sup>th</sup> at 6 pm, we will host a nerf gun war! Bring your own guns and bullets. Be ready for war!!

**Black Belt  
Helping Classes**

Brown belts and higher are encouraged to come on the following Saturdays: January 6<sup>th</sup>, January 13<sup>th</sup>, January 20<sup>th</sup>, January 27<sup>th</sup>, and February 3<sup>rd</sup>. Class goes from 9:00-10:30am

**Testing**

We will be holding an all-belt test on Saturday, February 17<sup>th</sup> at 10:30 am. Belt ceremony immediately following.

**2018 Demo  
Team Tryouts**

Come see what our demo team is all about! Tryouts are February 3<sup>rd</sup> at 11:30 am