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**MARCH NEWSLETTER
692-1111**

**Welcome to our
New Family**

**Birthdays in
January**

- 9 Mark Conner
- 10 Sherry Blair
- 18 Rachel Ingram
- 26 Jack Blair



**INSTRUCTIONS OF THE
WEEK**

March 5th – March 16th Forms
March 19th – March 23rd Self-Defense and
Kicking Combinations
March 26th – March 30th Forms
Free-Style Classes on Saturday.

Breaking

Thursday, March 15th
Thursday, March 29th
**Students must pay \$1 per board
they break.**

Sparring

Thursday, March 8th
Thursday, March 22nd
**YELLOW BELTS AND UP DO NOT FORGET TO
BRING YOUR SPARRING GEAR! NO GEAR = NO
PARTICIPATION**

Dodgeball Tournament

On Friday, March 16th at 6 pm, we will host a
dodgeball tournament for all students, families,
and friends! You should make your own teams
of 4 to 8 people and be ready to verse your
friends!

**Black Belt
Helping Classes**

Brown belts and higher
are encouraged to
come on the following
Saturdays: March 10th,
March 17th, March 24th,
and March 31st. Class
goes from 9:00-
10:30am

Testing

We will be holding an
all-belt test on
Saturday, April 21st at
10:30 am. Belt
ceremony immediately
following.