



WWW.MYUNG MARTIAL ARTS.COM



OCTOBER NEWSLETTER
692-1111

Welcome to our
New Family

Birthdays in
October

16 Joseph Lanzante
22 Mary Jane Jones

Halloween Party

October 27th at 6 pm will be our Halloween party. We will be having a costume contest so students should dress up and be prepared to get lots of candy! Please feel free to bring any food or snacks of your choosing.



INSTRUCTIONS OF THE
WEEK

October 1st – October 5th Forms
October 8th – October 12th Review for Testing
October 15th – October 19th Self-Defense
October 22nd – November 2nd Forms
Free-Style Classes on Saturday.

Breaking

Thursday, October 4th
Thursday, October 25th

Students must pay \$1 per board they break.

Sparring

Thursday, October 18th
Thursday, November 1st

YELLOW BELTS AND UP DO NOT FORGET TO BRING YOUR SPARRING GEAR! NO GEAR = NO PARTICIPATION

Friends Night

Friday, October 19th at 6 pm we are hosting friend's night! Our students may bring their friends and help teach them their taekwondo skills! If kids wish to break boards it will be \$1 per board they break, maximum of 5 boards per person.

Black Belt
Helping Classes

Brown belts and higher are encouraged to come on the following Saturdays: October 6th, October 20th, October 27th. Class goes from 9:00-10:30 am.

Testing

We will be holding an all-belt test on Saturday, October 13th at 10:30 am. Black belts and red belts should arrive at 10 am. Belt ceremony immediately following.

Taekwondo

Lock-In

We will be having our lock-in on Friday, November 2nd at 7:30 pm through the next day, Saturday at 10 am.