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**SEPTEMBER NEWSLETTER
692-1111**

**Welcome to our
New Family**

**Birthdays in
September**

- 3 Jaxon Karl
- 4 Hannah Myung
- 10 Dexter Melendez
- 14 Kaitlyn DeVries
- 16 Patrick Rawson
- 18 Evan Zimmer
- 19 Ashley Vaughn
- 23 Caleb Taylor

No Class

We will be closed for
Labor Day on
September 3rd.
Everyone have a
safe weekend!



**INSTRUCTIONS OF THE
WEEK**

September 4th – September 7th Forms
September 10th – September 14th Self Defense
and Kicking Combinations
September 17th – September 21st Self-Defense
September 24th – September 28th Forms
Free-Style Classes on Saturday.

Breaking

Thursday, September 6th
Thursday, September 20th
**Students must pay \$1 per board
they break.**

Sparring

Thursday, September 13th
Thursday, September 27th
**YELLOW BELTS AND UP DO NOT FORGET TO
BRING YOUR SPARRING GEAR! NO GEAR = NO
PARTICIPATION**

Nerf Gun War/Dodgeball Game

On Friday, September 21st at 6 pm, students will
get to play against their friends in the nerf gun
war AND dodgeball game all in one night! Make
up your own teams. Everyone is welcome!

**Black Belt
Helping Classes**

Brown belts and higher
are encouraged to
come on the following
Saturdays: September
8th, September 15th,
September 22nd, and
September 29th. Class
goes from 9:00-
10:30am

Testing

We will be holding an
all-belt test on
Saturday, October 13th.
Belt ceremony
immediately following.