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**APRIL NEWSLETTER
618-692-1111**

**INSTRUCTIONS OF THE
WEEK**

**Welcome to our
New Family**

March 30th – April 9th Review for Testing
April 13th – April 17th Self-Defense
April 20th – April 24th Forms
April 27th – May 1st Self-Defense and Kicking
Combinations

**Birthdays in
April**

- 17 Lakshya Singh
- 19 Edwin Kawashima-Liu
- 28 Daniel Berg

Breaking Class

Thursday, April 16th

**Students must pay \$2 per board they break.
Students must pay before class or they will not
be able to break boards.
If you are not breaking boards, you should not
attend classes.**

**Special
Tournament-
Style Breaking
Class**

On Thursday, April 30th, we will have a special tournament-style breaking class. Students can come and do any move they'd like to break the boards. \$2 per board & a limit of 7 boards per student.

Sparring Class

Thursday, April 23rd

**DO NOT FORGET TO BRING YOUR SPARRING
GEAR! NO GEAR = NO PARTICIPATION**

Game Day

We will have nerf gun and dodgeball games after class on Friday, April 24th, at 6:15 pm.
Friends and family are welcome!

Testing

We will be holding an all-belt test on Friday, April 10th, at 5:20 pm.

Please let us know what day you would rather test on. Belt ceremony immediately following.

**There will be NO
CLASSES on testing
days. DO NOT FORGET
YOUR SPARRING
GEAR!**

**Black Belt
Helping**

Red belts and higher are encouraged to come on Saturday, April 4th, at 10:30 am for an hour class dedicated to practicing nunchakus and sparring.

Happy Easter!!