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**MAY NEWSLETTER  
618-692-1111**

**INSTRUCTIONS OF THE  
WEEK**

May 4<sup>th</sup> – May 15<sup>th</sup> Forms  
May 18<sup>th</sup> – May 22<sup>nd</sup> Self-Defense  
May 26<sup>th</sup> – May 29<sup>th</sup> Forms

**Breaking Class**

Thursday, May 14<sup>th</sup>  
Thursday, May 28<sup>th</sup>

**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.**

**Sparring Class**

Thursday, May 7<sup>th</sup>  
Thursday, May 21<sup>st</sup>

**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, May 15<sup>th</sup>, at 6:15 pm.  
Friends and family are welcome!

**Welcome to our  
New Family**

**Birthdays in May**

- 1 Jack Walter
- 14 Christine Lin
- 19 Henry Weedon
- 20 Zoie Farris
- 20 Yurino Kawashima
- 21 Ada Hines

**No Class**

There will be no classes  
on Monday, May 25<sup>th</sup>.

**Happy Memorial  
Day!!**

**Testing**

We will be holding an  
all-belt test on Friday,  
June 5<sup>th</sup>, 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,  
May 23<sup>rd</sup>, at 10:30 am  
for an hour class  
dedicated to practicing  
nunchakus and  
sparring.