



WWW.MYUNG MARTIAL ARTS.COM



**JULY NEWSLETTER
618-692-1111**

**INSTRUCTIONS OF THE
WEEK**

July 6th – July 10th Self-Defense

July 13th – July 24th Forms

July 27th – July 31st Self-Defense and Kicking
Combinations

**Welcome to our
New Family**

Birthdays in July

- 1 Landon Davis
- 11 Reed Adair
- 15 David Weedon

Breaking Class

Thursday, July 9th

Thursday, July 23rd

**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, July 16th

Thursday, July 30th

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

Testing

We will be holding an all-belt test on Friday, August 7th, 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!

Happy 4th of July!!