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SEPTEMBER NEWSLETTER

618-692-1111



INSTRUCTIONS OF THE WEEK

Welcome to our New Family

August 31st – September 4th Self-Defense
September 8th – September 11th Self-Defense
and Kicking Combinations
September 14th – September 18th Forms
September 21st – October 1st Review for Testing

Breaking Class

Thursday, September 10th

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, September 3rd

Thursday, September 17th

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

Special Breaking

Join us on Thursday, September 24th, for special
board breaking. Students may break up to 10
boards, any technique of their choosing. \$2 per
board they break.

Testing

We will be holding an
all-belt test on Friday,
October 2nd, 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!**

Labor Day

We will be closed on
Monday, September
7th, in honor of Labor
Day. We will resume
classes on Tuesday.

Birthdays in September

- 4 Hannah Myung**
- 6 Anne Werner**
- 10 Dexter Melendez**
- 19 Miss Ashley**
- 21 Oliver Weedon**
- 24 Joe Hines**