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NOVEMBER NEWSLETTER

618-692-1111

Welcome to our New Family

Birthdays in November

11 Jacob Wiechert

Happy Veteran's Day

INSTRUCTIONS OF THE WEEK

November 2nd – November 6th Self-Defense and Kicking Combinations
November 9th – November 20th Forms
November 23rd – November 24th Self-Defense and Kicking Combinations

Breaking Class

Thursday, November 12th

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, November 5th
Thursday, November 19th

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

Happy Thanksgiving!!!

Testing

We will be holding an all-belt test on Friday, December 4th, 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!

Thanksgiving Break

We will be closed on Wednesday, November 25th through Friday, November 27th. Have a nice break!