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**MARCH NEWSLETTER**  
**692-1111**

**Welcome to our**  
**New Family**

**INSTRUCTIONS OF THE**  
**WEEK**

**Black Belt**  
**Helping Classes**

March 4<sup>th</sup> – March 15<sup>th</sup> Forms  
March 18<sup>th</sup> – March 22<sup>nd</sup> Self-Defense and  
Kicking Combinations  
March 25<sup>th</sup> – March 29<sup>th</sup> Forms

Brown belts and higher  
are encouraged to  
come on the following  
Saturdays at 9 am until  
10:30 am: March 9<sup>th</sup>  
and March 30<sup>th</sup>

**Birthdays in**  
**March**

- 6 William Arnold
- 8 Samantha Alepra
- 18 Rachel Ingram
- 24 Stephanie Mellor
- 26 Jack Blair

**Breaking**

Thursday, March 14<sup>th</sup>  
Thursday, March 28<sup>th</sup>  
**Students must pay \$1 per board**  
**they break.**

**Students must pay before class or they will not**  
**break boards.**

**Testing**

We will be holding an  
all-belt test on  
Saturday, April 13<sup>th</sup> at  
10:30 am. Belt  
ceremony immediately  
following.

**Sparring**

Thursday, March 7<sup>th</sup>  
Thursday, March 21<sup>st</sup>  
**YELLOW BELTS AND UP DO NOT FORGET TO**  
**BRING YOUR SPARRING GEAR! NO GEAR = NO**  
**PARTICIPATION**

**Nerf Gun War**

On Friday, March 29<sup>th</sup> at  
6 pm you should bring  
all your nerf guns and  
bullets to verse others  
in our nerf gun battle!  
Small forts and tents  
are encouraged!

