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**MAY NEWSLETTER**  
**692-1111**

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

**Birthdays in**  
**May**

- 3 David Lilly**
- 18 Seth Tischhausel**
- 21 Sid Girada**
- 21 Ada Hines**
- 24 Cadan Reaka**

**Lock-In**

We will be holding a lock-in on Friday, May 17<sup>th</sup> at 7:30 pm until Saturday, May 18<sup>th</sup> at 10 or 11:30 am. Friends are welcome to come. Don't forget your taekwondo uniform if you wish to participate in Saturday morning class!

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

April 29<sup>th</sup> – May 10<sup>th</sup> Forms  
May 13<sup>th</sup> – May 17<sup>th</sup> Self-Defense  
May 20<sup>th</sup> – May 24<sup>th</sup> Self-Defense and Kicking  
Combinations  
May 28<sup>th</sup> – May 31<sup>st</sup> Forms

**Breaking**

Thursday, May 9<sup>th</sup>  
Thursday, May 23<sup>rd</sup>

**Students must pay \$1 per board they break.**

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

**Sparring**

Thursday, May 2<sup>nd</sup>  
Thursday, May 16<sup>th</sup>  
Thursday, May 30<sup>th</sup>

**YELLOW BELTS AND UP DO NOT FORGET TO BRING YOUR SPARRING GEAR! NO GEAR = NO PARTICIPATION**

**No Class**

We will be closed on Monday, May 27<sup>th</sup> in observation of Memorial Day.

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

Brown belts and higher are encouraged to come on the following Saturdays at 9 am until 10:30 am: May 11<sup>th</sup> and May 25<sup>th</sup>

**Testing**

We will be holding an all-belt test on Saturday, June 15<sup>th</sup> at 10:30 am. Belt ceremony immediately following.

