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SEPTEMBER NEWSLETTER

692-1111

INSTRUCTIONS OF THE WEEK

September 3rd – September 13th Forms

September 16th – September 20th Self-Defense

September 23rd – September 27th Self-Defense and Kicking Combinations

Breaking

Thursday, September 5th

Thursday, September 19th

Students must pay \$1 per board they break.

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

Sparring

Thursday, September 12th

Thursday, September 26th

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

Nerf Gun War

We will have our nerf gun war on Friday, September 20th, at 6pm! Everyone is welcome; be sure to bring your guns and shields!

Welcome to our New Family

Birthdays in September

- 4 Hannah Myung
- 16 Patrick Rawson
- 19 **Miss Ashley**
- 23 Caleb Taylor
- 24 Joseph Hines
- 28 Eli Greenberg

No Class

There will be no class on Monday, September 2nd, in honor of labor day.



Black Belt

Helping Classes

Brown belts and higher are encouraged to come on the following Saturdays at 9 am until 10:30 am: September 14th

Testing

We will be holding an all-belt test on Saturday, October 12th at 10:30 am. Belt ceremony immediately following.

