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JULY NEWSLETTER
692-1111

Welcome to Our
New Family

Reed Adair
Tori Bangert
Sophia Mohsen
Maya Mohsen

Birthdays in July

11 Reed Adair
20 Adam Moussawi

21 Master
Myung

Summer Break

There will be no class the week of July 12th through July 16th. Everyone enjoy the week off!



INSTRUCTIONS OF THE
WEEK

July 5th – July 9th Self-Defense and Kicking
Combinations
July 19th – July 23rd Forms
July 26th – July 30th Self-Defense

Special Tournament-Style
Breaking

Thursday, July 22nd
Students must pay \$1 per board they break. Color belts are allowed to break up to FIVE boards; Black belts are allowed to break up to SEVEN boards.
Students must pay before class or they will not break boards.

Sparring

Thursday, July 8th
Thursday, July 29th
YELLOW BELTS AND UP DO NOT FORGET TO BRING YOUR SPARRING GEAR! NO GEAR = NO PARTICIPATION

Summer Camp

Our summer camp will be held the week of August 2nd through August 6th from 9 am until 4 pm. Please take a brochure and let us know if you would like to join!

Testing

We will be holding an all-belt test on Friday, August 13th at 5:30 pm. Please let us know what day you would rather test on. Belt ceremony immediately following. **There will be NO CLASS on testing days.**

Black Belt
Helping Class

Brown belts and higher are encouraged to come on Saturday, July 24th at 10:30 am for an hour class dedicated to practicing nunchakus and sparring.

White Belt
Testing

We will be holding a white belt testing on Saturday, July 24th at 11:30 am. Please see Master Myung if you are testing.