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**SEPTEMBER NEWSLETTER
692-1111**

**Welcome to Our
New Family**

**Birthdays in
September**

- 3 Colton Caudle
- 4 Hannah Myung
- 10 Dexter Melendez
- 19 Miss Ashley
- 20 Shaun Arnold
- 23 Caleb Taylor
- 24 Joe Hines

No Class

There will be no class on Monday, September 6th, in honor of labor day. We hope everyone has a good weekend!



**INSTRUCTIONS OF THE
WEEK**

August 30th – September 10th Forms
September 13th – September 17th Self-Defense
and Kicking Combinations
September 20th – September 24th Forms
September 27th – October 1st Self-Defense

**Special Tournament-Style
Breaking**

Thursday, September 16th
Thursday, September 30th

**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, September 2nd
Thursday, September 9th
Thursday, September 23rd

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

Testing

We will be holding an all-belt test on Friday, October 8th 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. DON'T FORGET YOUR SPARRING GEAR!**

**Black Belt
Helping Class**

Brown belts and higher are encouraged to come on Saturday, September 11th and Saturday, October 2nd at 10:30 am for an hour class dedicated to practicing nunchakus and sparring.

Nerf Gun Game

Come join us for another nerf gun game Friday, September 24th, at 6:10 pm! Friends and family are all welcome.