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OCTOBER NEWSLETTER
692-1111

Welcome to Our
New Family

Birthdays in
October

- 2 Emelia Ngo
- 6 Lily Buck
- 8 Elornam Kraka
- 9 Christian Bas
- 19 Maya Mohsen
- 22 Samantha Hangsleben
- 22 Marc Moussawi

Happy
Halloween!



INSTRUCTIONS OF THE
WEEK

October 4th – October 7th Review for Testing
October 11th – October 15th Self-Defense
October 18th – October 29th Forms

Special Tournament-Style
Breaking

Thursday, October 21st
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, October 14th
Thursday, October 28th
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!

Taekwondo 5k

Everyone should come out on Saturday, October 23rd, at 9:30 am for our 5k! You can walk, run, bike, skate, anything you'd like as we complete 3 miles at Airplane Park.

Nerf Gun Game

Come join us for another nerf gun game Friday, October 29th, at 6:10 pm! Friends and family are all welcome.