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SEPTEMBER NEWSLETTER

618-692-1111



Welcome to our New Family

Birthdays in September

- 3 Colton Caudle
- 4 Hannah Myung
- 5 Keegan Foote
- 10 Dexter Melendez
- 14 Naejeong Jeong
- 19 Miss Ashley
- 20 Shaun Arnold
- 21 John Hurn
- 24 Joe Hines

No Classes

There will be no class on Monday, September 5th, in honor of Labor Day. Everyone have a safe and fun holiday weekend!

INSTRUCTIONS OF THE WEEK

September 6th – September 9th Self-Defense
September 12th – September 16th Self-Defense
and Kicking Combinations
September 19th – September 23rd Forms
September 26th – September 30th Review for
Testing

Breaking Class

Thursday, September 8th
Thursday, September 22nd

**Students must pay \$2 per board they break.
Students must pay before class or they will not
be able to break boards.**

**If you are not breaking boards, you should not
attend classes.**

Sparring Class

Thursday, September 15th
Thursday, September 29th

**DO NOT FORGET TO BRING YOUR SPARRING
GEAR! NO GEAR = NO PARTICIPATION**

Nerf Gun

Join us on Friday, September 23rd, at 6:30 pm for
another nerf gun war! Friends and family are
welcome.

Testing

We will be holding an
all-belt test on Friday,
October 7th 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 24th, at
10:30 am for an hour
class dedicated to
practicing nunchakus
and sparring.