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**NOVEMBER NEWSLETTER
618-692-1111**

**Welcome to our
New Family**

**Birthdays in
November**

- 4 Meire Ferreira
- 15 Aseda Adu-Affum
- 15 Aayla Hurn
- 22 Carson Mongare
- 24 Rudra Patel
- 27 Kayden Suh

No Class

There will be no class starting on Wednesday, November 23rd through Friday, November 25th in honor of Thanksgiving. Everyone have a nice break!

**INSTRUCTIONS OF THE
WEEK**

October 31st – November 4th Kicking and Self-Defense
November 7th – November 11th Self-Defense
November 14th – November 22nd Forms
November 28th – December 8th Review for Testing

Breaking Class

Thursday, November 3rd
Thursday, November 17th

**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, November 10th
Thursday, December 1st

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

Testing

We will be holding an all-belt test on Friday, December 9th 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, December 3rd, at 10:30 am for an hour class dedicated to practicing nunchakus and sparring.

