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**MARCH NEWSLETTER**  
**618-692-1111**

**Welcome to our**  
**New Family**

**Birthdays in**  
**March**

- 9 Dallas Mongare
- 16 Jace Brunson
- 26 Tori Bangert

**Happy St.**  
**Patrick's Day!!**



**INSTRUCTIONS OF THE**  
**WEEK**

February 28<sup>th</sup> – March 3<sup>rd</sup> Self-Defense and  
Kicking Combinations  
March 6<sup>th</sup> – March 17<sup>th</sup> Forms  
March 20<sup>th</sup> – March 24<sup>th</sup> Self-Defense and  
Kicking Combinations  
March 27<sup>th</sup> – March 31<sup>st</sup> Forms

**Breaking Class**

Thursday, March 9<sup>th</sup>  
Thursday, March 23<sup>rd</sup>

**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, March 2<sup>nd</sup>  
Thursday, March 16<sup>th</sup>  
Thursday, March 30<sup>th</sup>

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

**Nerf Gun War**

Join us on Friday, March 24<sup>th</sup> at 6:30 pm for  
some nerf gun games! Friends and family are  
welcome to join.

**Testing**

We will be holding an  
all-belt test on Friday,  
April 14<sup>th</sup> 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.**  
**DO NOT FORGET**  
**YOUR SPARRING**  
**GEAR!**

**Black Belt**  
**Helping Class**

Brown belts and  
higher are encouraged  
to come on Saturday,  
April 1<sup>st</sup>, at 10:30 am  
for an hour class  
dedicated to practicing  
nunchakus and  
sparring.