



## Newsletter

Volume II, Issue 3

April 2007

Star Requirements



**Blue**- Academic Achievement  
**Green**- 2 or more special events  
**Yellow**- Buddy Day  
**Red**- 3 months of completed "To Do Lists"

### Happy Birthday!

Debbie Kalb 4/10  
Tammi Weinfeld 4/12  
Adam Feldman 4/15  
Samantha Kwartler 4/15  
Kristi Sanfratello 4/17  
Marc Greenspan 4/19  
Dov King 4/21  
Richie Conway 4/21  
Aref Ahmed 4/24  
Anthony Kalb 4/29  
Tarif Mhamed 4/29

### Sensei Nick's Words of Wisdom

This month I want everyone to think about **HUMILITY**. Don't praise yourself for no reason or unjustly. Just because you're good at something doesn't mean you should boast and make others feel bad. For example, if you get the "rising star" patch and someone else doesn't, don't make them feel bad about not getting an award. Always remember times when someone else got an award and you didn't. **OSU!**

### Special Events

**Movie Night**- Saturday the 14th of April. Please join us for pizza and a movie. The fun starts at 6pm. **Please sign up so we know how many to prepare for!**

**Website**-[www.nykka.com](http://www.nykka.com) Keep in mind it's here for all of us. If you would like to see something on the site **LET US KNOW!** Please email Michelle at [webmaster@nykka.com](mailto:webmaster@nykka.com) but keep them short sweet and to the point! **OSU!**

### Belt Promotions

Congratulations to everyone who promoted last month.

#### Promotion Days

**May 2<sup>nd</sup> & May 3<sup>rd</sup>**  
Make sure you are up to date with your classes and **To Do Lists!** Work hard at the dojo and home to earn your belts and stripes.

**Little Ninja's Test will be March 31<sup>st</sup>.**

The Spring Party was so much fun! Thanks for all the great food and dessert that everyone made. We are looking forward to the BBQ this summer.  
**YUMMY!**

### NEW CLASSES HAVE BEGUN!!!!

Little Dragons for ages 3 and up began March 1<sup>st</sup>.  
Please check schedules for Morning, Lunch Time, and Low Impact Kickboxing Classes.  
Schedules are now available on line!

**Kickboxing gloves are \$30**



### Extra! Extra! Read All About It!

Sempai Paul and his family would like to thank everyone who came out to show support during his test. We had a great crowd and Sempai made us all very

**PROUD!**

**OSU SEMPAI!**