



Newsletter

Volume II, Issue 4

May 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!

Doug Albrecht 5/2
Jessica Sanfratello 5/5
Matt Schwalberg 5/14
Tyler Derderian 5/16
Joe Chillino 5/17
Ned Hintzsche 5/29



Sensei Nick's Words of Wisdom

This month I want everyone to think about **Perseverance**. This is a big word that has a simple meaning. It means to continue or repeat a behavior. Anyone who studies karate must have **perseverance** in order to become a master of the art. You must practice every move over and over in order to make it perfect. **OSU!**

Special Events

Game Day- Saturday the 5th of May. Celebrate Cinco de Mayo with Games & Fun. 4-6pm. It will be lots of Fun

Mother's Day-May 12th is take your Mom to class! Sensei will be giving out hugs to all the Moms!

Belt Promotions

Congratulations to everyone who promoted last month.

Promotion Days

May 30nd & May 31st

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.

NEW CLASSES HAVE BEGUN!!!!

Little Dragons for ages 3 and up began March 1st. 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!

Please Make Sure to get a Summer Schedule from the front desk. The schedule is very different from our current schedule. It will also be listed on our website. Let us know if you have any questions.

This Month's Newsletter is brought to your by Twist & Shake