



# SEPTEMBER '10 NEWSLETTER

Life isn't about finding yourself; it's about making yourself. Things happen and opportunities appear most often when we're moving, not when we're standing still. - Michael Josephson

## Important Upcoming Dates:

Classes Resume	September 7
Rosh Hashanah	September 9 (no 6 & 7 pm class)
Ninja Nite	September 25
Black Belt Testing	October 9
Family Fun Night	October 29
K4K USA Tournament	November 14

## Back-to-School!




Those dreaded words kids hate to hear. Parents, let's give our kids a hand: **Start** by getting them to bed a bit earlier and waking them up a few minutes earlier this month in preparation for September's school hours. It takes about 21 days to get them back into the school routine. We have the finest Karate-Scholars in Los Angeles, but teachers do not want to teach sleepy kids.



## Karate Classes Resume September 7<sup>th</sup> New Fall Class Schedule

We are back to our full schedule starting on September 7<sup>th</sup>: *Master D's Demons* on Tuesday and Friday at 2pm and *Adult Morning classes* Monday thru Friday start at 8:30 am. The Beginner class schedule has been changed. Now the **Beginner class on Monday, Wednesday, and Friday starts at 3:30 pm** the **Intermediate class on those days start at 4:15 pm**. All other classes will remain the same. Our Fall Session starts on Sept. 7

Take a moment to **check out** the new schedule.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 Adult	8:30 Adult	8:30 Adult	8:30 Adult	8:30 Adult	9:00 Intermediate/Adv
					10:00 Beg/Intermediate
					10:45 Beginner
	2:00 Master D's Demons			2:00 Master D's Demons	11:30 Advanced
3:30 Beginner	3:30 Beg/Intermediate	3:30 Beginner	3:30 Beg/Intermediate	3:30 Beginner	12:30 Black Belt Club
4:15 Intermediate	4:30 Beg/Intermediate	4:15 Intermediate	4:30 Beg/Intermediate	4:15 Intermediate	
5:00 Advanced	5:15 Weapons/Sparring	5:00 Advanced	5:15 Weapons/Sparring	5:00 Advanced	<b>Ninja Nites</b> Saturday 6-10 pm  Sept 25 Oct. 9/23 Nov. 6/20 Dec. 4/18
6:00 Beg/Intermediate	6:00 Advanced	6:00 Black Belt Club	6:00 Advanced	5:45 Black Belt Club	
7:00 Adult		7:00 Adult	7:00 Adult		

## Save the Date- November 14<sup>th</sup> The Fall Tournament Is Coming!



The big fall event will be on November 14. This is an all-ages, all-skill level event. **Put** it on your calendars today! We are now accepting registrations. Please **take** advantage of the coupon below.

### Nov. Tournament

Save the date for our annual Fall Tournament  
**Nov. 14<sup>th</sup>**

Print this coupon and save \$5 when you sign up  
 between **Sept. 20<sup>th</sup> – Sept. 26<sup>th</sup>**

Offer good 9/20 – 9/26



### Black Belt Test is set for October 9<sup>th</sup>

Everyone is **invited** to come down to North County Martial Arts and share in the joy and sweat as Mr. AJ and Miss Bailey test for their 2<sup>nd</sup> degree Black Belt. Sarah and Ginni will be testing for their 1<sup>st</sup> degree Black Belt. The K4K USA group will be evaluated along with Master Jones group from NCMA. We do have hotels rooms reserved if you decide to spend the weekend. Please see Master DonVito for details.

### Black Belt Club

What do you get when you take a bunch of great Karate students and mix in weapons and sparring? That's right: the Black Belt Club!. The Year of the Black Belt Club (BBC) is here!

It is customary for high level students to have 1.5 to 2 hour training sessions. Black Belt Club members are **required** to attend both BBC (W F Sat) *and* the class immediately before BBC (Wednesdays and Fridays at 5pm, and Saturdays at 11:30am). The Black Belt Club is open to all students who are purple belt and above.

### Chuck Norris Fact of the Month

Chuck Norris has already been to Mars, that's why there are no signs of life there.



### Late Policy

**Teach** your children well: if your students arrive late and class has already begun, they must stand at the back of the mat until the instructor gives them permission to enter class. **Respect** your fellow students, your teachers, the studio, and yourself. Please **be** on time for class.

### They Say It's Your Birthday...

**Celebrate** your next birthday *here* at the studio! It'll be a memorable one-of-a-kind event with guaranteed tons of fun for your child and guests, but best of all: we do all the work and clean up! We also do weddings, bar mitzvahs, and pet-adoptions. **Call** the studio today to reserve a date for your child's special day.



***Master Don Vito says, "Congratulations to September Students of the Month!"***

**Our fantastic Summer Camp Assistants:**

**Bennett Patterson   Austin & Travis Shaw   Skyler Gentry  
Elena Greenberg   Hannah Carleton   Drew Boysaw   Chessa Celaya**

### ***Free Week Weapons/Sparring***

Print this coupon to redeem a free week of weapons/sparring classes.

Tuesday & Thursday at 5:15p

Open to all students purple belt and up.



One Coupon per Student

### **Weapons Class is Fantastic!**

Weapons/Sparring classes are part of the Black Belt Club. Weapons/Sparring Class starts at 5:15 pm on Tuesday and Thursdays and the Advanced Class starts 6:00 pm. If you are an intermediate student (Purple Belt and above), we invite you to **participate** a Weapons/Sparring class.

### **Patches**

Reminder for you- patches are required on all uniforms. Please **check** your children's uniforms; **let** us know which patches you need. Patches are required for testing; **make** sure you are prepared. We have the best Karate school in town. We want to look the best too!

**Patches: \$10 for 3,  
\$12 for 4, or \$15 for 5**

*(Patches normally priced at \$5 each)*

Print and return this coupon to redeem discount off of patches.



Coupon must be presented at the time of purchase.  
One Coupon per Family: Offer expires 9/30/09

## Ninja Nite Special

Bring a friend for Only \$10 when you sign up for our September 25<sup>th</sup> Ninja Nite!



One Coupon per Student. Valid for First Time Attendees Only

## Ninja Nite

Ninja Nite is cheaper than a babysitter, twice the fun and won't clear out your fridge. Ninja Nites have been jam-packed and rockin', so please **make** sure you have already paid in full to reserve your spot.

**Ninja Nite this month: Sept. 25.**

Insults should be written in the sand  
and praises carved in stone. - Arab proverb

## 1/2 Price T-shirts

T-shirt Blow Out Sale!!!  
Print and return this coupon to  
save \$10 off any T-shirt.



Offer expires 9/30/10 Quantities are limited to stock on hand!

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