

January Newsletter

Welcome New Students!

Jane Yakel

Nathan Ellis

Birthdays!!

Archer Dobbins - 11
Christina Zaky-Hanks - 27

Stephanie Fearer - 16
Austin Jobst - 30

Alexandra Jobst - 16
Ben Warburton - 31

Congratulations New Rank!!!

Arnav Patodiya - Jr. Green

Testing - Saturday the 19th at 9 am

Jo'rel Huff - Yellow	Trevin Huff - Jr. Purple
Jennings Kosgei - Jr. Purple	Peter Waters - Jr. Blue
Matt Beeken - Blue	Keira Martin - Jr. Brown I
	James Buchanan - Blue

How names appear on the newsletter is how they will appear on Certificates.

If anything needs to be changed, please inform Instructor Shaun.

Youth Promotion - Please arrive around 10:35 am as the ceremony will begin promptly at 10:45 am

Adult Promotion - Please arrive around 12:30 pm as the ceremony will begin between 12:30 pm & 1 pm

Street Clothes - 24th & 25th

Winter Weather

The School will only close for adverse weather if the State Police advise people to stay off the roads.

If we close, an email will be sent out via our Master Email List.

If you wish to be added to the list, please send us an email at the address listed on the front page.

If you wish to know if you are already on this list, please see Instructor Shaun.

Additional Information on the Back

Valentine's Lock-In

Additional Fitness

Help Us Grow

Valentine's Lock-In

We are planning a lock-in for Friday, February 8th for the Valentine's Day.

The lock-in begins @ 5:30 pm and will end Saturday @ 9:00 am.

All Students that arrive by 5:30 pm will do the kids class, so come prepared.

We will have pizza for dinner, followed by movies all night, then cereal and fruit for breakfast.

It will cost \$35 to sign-up for the Lock-In. Please see Instructor Shaun to get added to the list.

We must have a minimum of ten for the lock-in.

Kempo Core

With the new year, just a reminder that we still have our additional class for anyone looking to add to their fitness routine.

Kempo Core, an intense, 30-minute class designed to strengthen the foundational muscles of the abs, back, and glutes, is every Wednesday at 6:00.

Classes are \$3 and are taught by Instructor Kathi.

Please feel free to contact her with any questions at 540 - 250 - 5988, or susanoke88@gmail.com.

Help Us Grow

We are always looking for ways to get out in front of new groups of people. If you like the program and could help, it would be most appreciated. Examples are demo classes for the John Newman Academy and a self-defense class with Montgomery County Parks and Rec. We would love to get in front of young people any chance we can get. Our target group is children 6 - 10 years old, but we can also do classes for older students and adults groups. If you have a connection at any of the local organizations, like private and church schools, scouts, or any other group we would love for you to make the introduction. Be sure to mention that we do most of these intro classes for free. If you have any questions or suggestions, please see Mr. Petersen. Thanks!