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June 2021- Important upcoming dates and info

Sunny days are here!!

The weather is finally heating up. Enjoy the wonderful weather with family and friends after over a year of craziness! We are considering some outdoor park training this Summer. Please let Master Serrano know if this sounds like something you would like to do.

Push Up/Sit Up Challenge Results

We are tabulating the results from the Push Up/Sit Up Challenge last month. It was impressive to see some students take the challenge head on! Exercising on a regular basis provides positive health benefits no matter what age. Hopefully our students will continue to challenge themselves physically in and out of the studio. We will be awarding prizes to the top male and female in each class. Results will be announced June 9th.

Our focus is more than kicking and punching

Here are our planned themes for June:

Week 1- Trust- to rely upon or place confidence in a person or thing

Week 2- Self Control- Having control over one's actions, words and emotions

Week 3- Citizenship- Being a responsible and productive part of your school, community, and country

Week 4- Compassion- Kindness, caring, and a willingness to help or comfort others

Sparring gear- 2nd and 4th week of the month

All students should bring their sparring gear the 2nd and 4th week of the month. If you would like to order sparring gear please see Master Serrano. We also have some used gear for sale, size availability varies.

Students: Please remember your belts!

At the end of each class we bow in the direction of the flags and retire our belts. Our belts are not only a symbol of rank, but a symbol of your personal dedication to your training and the studio. It is the one piece of equipment that is important at every class. Often times in class we will make the comparison to other sports. Would you attend a baseball practice without your glove, basketball practice without a ball, hockey practice without your hockey stick? There are 2 things we require at every class: a positive attitude and your belt ☺ We can figure the rest out.

Upcoming Events and Special Classes

- **Saturday, June 12-** Kid's belt reviews. We will be reviewing areas of focus for each rank. Please make an effort to attend your specified time.
 - White and Yellow belts- 1:30-2:30 pm
 - Purple and Red belts- 2:30-3:30 pm
 - Brown- 3:30-4:30 pm
- **Black Belt Training- Saturday, June 12- 12-1:30 pm-** Training for Black Belts and Apprentice Black Belts. Focus will be knife and stick work. See Master Serrano for details. If there is a better time and/or date that will accommodate everyone we can consider it.

Leadership Team Training- Friday- June 18, 4-5:30 pm

We will have a Leadership Team meeting/training on Friday, 6/18, 4-5:30 pm. All instructors and assistant instructors are required to attend. Please see Master Serrano if you cannot attend.

Congratulations to all students who competed in the Canadian Cup!

We would like to congratulate all of our students who recently competed in the USBA/WBA Canadian Cup Virtual Breaking Championships! Our team did an outstanding job, from our kids to our adults! The date for the next virtual event has not been posted yet, but we will keep everyone in the loop. The virtual events have been a great way for veteran breakers to stay involved and for new competitors to get a feel for competition. Live events have also started and should be coming to the area soon.

Join our BAND!

We have our own private group on BAND, an app accessible from your phone, tablet or computer. We post announcements, stream classes live, and have a number of instructional videos covering everything from rolls to forms to weapons and more. We will continue to add content as possible. If you are not part of our BAND and would like to join please let us know and we will send you an invite. Only students and AFKTF Black Belts are allowed to join.

Monthly dues

As you know our studio dues are charged per month with no long term contracts. Most studios, like gyms, have members sign up for at least a year and charge additional fees. We never liked this approach and hopefully we can continue our month to month approach. It is important that dues be paid before the 13th of each month. As a small studio we rely on our monthly dues to “keep the lights on” so to say. We may charge a late fee of \$10 after the 13th and the last day of the month. If a student does not attend for the month, but still would like to remain a member and plans on returning, a maintenance fee is charged. If you are having financial difficulties please see Master Serrano and we will figure it out. We appreciate your understanding and continued patronage. Thank you.