

# P.R.I.D.E.

## October Newsletter 2023

### Important Dates

- 10/19  
BBT & BBTJ will have a combined class at 5:00PM.
- 10/19  
No Young Masters Class
- 10/21  
NO REGULAR CLASSES
- 10/23-10/24  
Review Day!
- 10/25-10/26  
Tip Testing!
- 10/29  
Trunk or Treat AK Parking Lot 5:00PM
- 10/31  
CLOSED for HALLOWEEN



### Monthly Incentive:

Perfect Front Kick

Physical Standard Highlight:

SQUATS

### Black Belt Qualification

- 10/19 6:15PM BBT & BBTJ combined class will be at 5:00PM  
**\*NO YOUNG MASTERS\***
- 10/20 6:00PM
- 10/21 10:00AM- NO REGULAR CLASS

Trunk or Treat at the AK Parking Lot on 10/29 at 5pm



### Curriculum

Life Lesson: The importance of a job well done.

Basic Form: Star Block Set

BBT: Universal III

BBT Self Defense: Three Swords

BBT and YM students must have weapons and sparring gear in class.

# AMERICAN KARATE