

P.R.I.D.E.

NOVEMBER 2022



**Congratulations to our
NEWEST
Black Belts!**



Aditya Nair and Nikolas Mindek!



THEME THURSDAY

11/10

**JERSEY
DAY**

Wear your favorite sports jersey to class!

Movie Stunt Seminar with Hien Nguyen!



Join us for an exciting seminar to learn what goes on behind the scenes of the movies! Create your own stunt scenes under the guidance of Mr. Nguyen, known for his roles in the original Power Rangers and WMAC Masters!

11/17

6:15 – 7:30 pm

Open to BBTJ, BBT, and Young Masters Students!

**Limited Spots Available for this Free Event! !
Register on Spark by 11/14!**

Life Lesson: Gratitude: The quality of being thankful!

Weapon: Escrima Sticks

Form: Dragon, Eagle, Teens– Universal I

Form: BBT – Universal IV

Self Defense: Raining Claw

BBT Students MUST HAVE EQUIPMENT IN CLASS BE PREPARED SPARRING AND WEAPONS

IT IS NOT HAPPY PEOPLE
WHO ARE
thankful
IT IS
THANKFUL
PEOPLE WHO ARE
happy

Important Dates:

**11/10 – Theme
Thursday
Jersey Day**

**11/16 Black Belt
Ceremony Practice
7:15 pm**

**11/17 Movie Stunt
Seminar with Hien
Nguyen!
6:15 pm**

Register by 11/14
BBTJ and BBT will be
combined at 5 pm due to
the event.

No Young Masters Class

**11/21 –Review/
Standards**

11/22– TIP Test

11/23–TIP Test

**11/24 – 11/27
CLOSED -
Thanksgiving**

**Save the Date
Graduation and
AK Holiday Party
12/22/22**