

P.R.I.D.E.

JANUARY 2023

January 2023 Reminders!

Attendance- Minimum twice a week. 24 classes per testing cycle for belt promotion. Log classes using Spark App.

Academics-Report cards with 80% academic standard are eligible for patch. One academic patch per belt phase Beginner (Yellow), Intermediate (Purple), Advanced (Brown), and Black Belt.

Belt Test Fees- Belt test fees are to be paid through Spark. Late belt registrations will incur a \$10 late fee.

Physical Standards- BBT Students must meet physical standards to progress in rank. This is to help prepare for their black belt qualifications.

Hold Time- Memberships can be put on hold **ONCE** per calendar year if absent for 2 consecutive weeks or more.

Life Lesson Sheets - We are going back to paper Life Lesson Sheets! Life Lesson Sheets are required for Eagles, BBTJ, BBT, and Young Masters, and must be submitted for tip testing to receive tip!

Audience Area - Please expedite entering and exiting dojo. Keep all personal belongings together.

Please be mindful of the conversation noise level while class is in session.

Benches- Please no coloring on new benches

Please see front desk with any questions. Thank You!

Theme Thursday!

1/12

Winter Wonderland

Wear a cozy sweater, hats, gloves, or mittens!



Buddy Day!

1/19

Bring a friend to class for some karate fun!



Life Lesson: Take Action-when you don't feel like doing something... just start it and you will start to feel differently.

Motion creates Emotion!

Weapon: Kamas

Form: Dragon, Eagle, Teens- Starblock Set

Form: BBT - Universal III

Self Defense: Delayed Sword



BBT Students MUST HAVE EQUIPMENT IN CLASS, BE PREPARED WITH SPARRING GEAR AND WEAPONS!



Important Dates:

Next Graduation
3/30/2023!

1/3- Classes Resume

1/12 - Theme Thursday
-Winter Wonderland!

1/16 - CLOSED
Martin Luther King Jr.
Day

1/19 -Buddy Day!

1/23 - Review/
Standards

1/24 - Review/
Standards

1/25 - Tip Test

1/25 - Mandatory
Meeting for April Black
Belt Qual Candidates

1/26 - Tip Test

Monthly Incentive:
Focus!
Black TIPZ

Monthly Physical
Standard Focus:
Jumping Jacks

If you can't fly, then run.
If you can't run, then walk.
If you can't walk, then crawl,
but by all means, keep moving.

- Martin Luther King Jr.

