

## Calling All Ninjas!

August 2019

Last month we had a very successful Black Belt test thanks to the help of all of the higher ranking black belts that planned and ran the test. Special shout out to Mr. Capolungo for teaching and running a fun-filled grappling segment and to Mr. Arkfeld for teaching some amazing acrobatic kicks. Congratulations to all of our black belts that progressed to their next level. During the test, black belts were watching one another to see the students who were performing the best. The student who performed the best received 2 Broncos tickets that were donated by the Fitters. We had a variety of people listed for their amazing performance, but the student with the most votes was Merrick Woodrich. Congratulations to him for earning those Broncos tickets! To those who are testing for a significant rank in October, remember to keep practicing and working hard in classes. Keep up the amazing work! Advanced sparring classes, for first degrees and above, will begin this month on Tuesdays from 7:00-8:00. Hope to see you all there! We also have Master Wren leading the Instructor Training program which begins this month on August 10. We have 8 black belts learning from the best and working towards becoming instructors. Instructors are looking forward to seeing all of you learn and work hard to achieve your next level.

Students, this month is review month so make sure to be practicing all of your curriculum. As you are practicing, make sure to sign off on your karate homework! Remember to be practicing Module 2, Positive Commitment, as you are required to say it during your progress check, so make sure to say it to instructors before the week of progress check. Progress check will begin the week of August 12. Here is the current curriculum that you will need to know for progress check:

**Level 1:** Chun Ji and Karate Combinations 1-8

**Level 2:** Yul Guk and Tae Kwon Do Combinations 1-8

**Level 3:** Chung Gun and Bo 1

This summer has been great! There have been many memories made in our karate family! As summer comes to an end, Prep Cycle begins! Wish our Prep Cycle good luck as they embark on their journey to earn their conditional belts!

