



June 2007 Calendar of Events

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4	5	6	7	8	9
				Street Clothes Child: 5 – 6 pm Junior: 6 – 7 pm Adult: 7 – 8 pm No Regular Classes		
10	11	12	13	14	15	16
17	18	19	20	21	22	23
 Father's Day						
24	25	26	27	28	29	30
 Black Belt Exam 10am-4:00pm	TIP AND TEST WEEK  Deadline to order boards for Board Breaking		 Board Breaking Pee Wee: 4:30-5p Child: 5 – 6 pm Junior: 6 – 7 pm Adult: 7 – 8 pm No Regular Classes			

- **BUDDY DAY CHALLENGE** - Bring a friend to any **karate class** and receive a gift. The student who brings a buddy to class will win a prize.
- **STREET CLOTHES TRAINING** - All students may participate in class dressed in plain street clothes. Class is geared toward self-defense in street situations as well as high energy and motivation.
- **TIP AND TEST WEEK** - This week students that are candidates to test for a new belt will finalize the testing that they did all month. Candidates will be posted on the "info corner" bulletin board at the beginning of every month. All students should check to see if their name has been posted.
- **DEADLINE** - All boards must be purchased in advance.
- **BOARD BREAKING DAY** - Board breaking (also known as tamashiware) is an important aspect in AUK training because it allows the student to perform a technique with full force without harming someone. Also, AUK uses breaking to teach students to overcome fears and obstacles.
- **BLACK BELT EXAM AND EXTRAVAGANZA** - Sunday June 24, 2007. Location AUKC Roseland. Times 10:00 am - 4:00 pm. The BBE is open to the public. We are encouraging and requesting that all students, family and friends come to cheer on the candidates. Admission is free.