




# August 2007 Calendar of Events

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
				<b>STREET CLOTHES</b> Child: 5 – 6 pm Junior: 6 – 7 pm Adult: 7 – 8 pm No Regular Classes		
5	6	7	8	9	10	11
	<b>BUDDY DAY</b> Bring a friend to any karate class and receive a gift					
12	13	14	15	16	17	18
		<b>BUDDY DAY</b> Bring a friend to any karate class and receive a gift.			<b>No Morning Class Today</b>	
19	20	21	22	23	24	25
<b>AMMA - PIC NIC</b>  <b>SUMMER CELEBRATION</b> 2 pm to 6 pm	<b>TIP AND TEST WEEK</b>  <b>Deadline to order boards for Board Breaking</b>		 <b>Board Breaking</b> Pee Wee: 4:30-5p Child: 5 – 6 pm Junior: 6 – 7 pm Adult: 7 – 8 pm No Regular Classes			
26	27	28	29	30	31	1
					<b>AMMA CLOSED</b> Labor Day Week End	<b>AMMA CLOSED</b>

- ❖ **PARENTS MONTH** - August Is Your Time To Train Free - Any parent of a current student who signs up will be entitled to a free month of Karate or Kickboxing. There is no cost to you and no further obligation to continue.
- ❖ **AMMA PIC NIC SUMMER CELEBRATION** - August 19, 2007, from 2pm to 6 Pm. Location TBA. The Amorosi's Mixed Martial Arts Pic Nic Summer Celebration Party is open to any AMMA student, family member or friend. We encourage all of our students and family to attend. If you would like to volunteer to help set up or bring a dish, please sign up at the center.
- ❖ **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 notified on the floor and via email at the beginning of every month.
- ❖ **DEADLINE** - All boards must be purchased in advance for board breaking by this date.
- ❖ **BOARD BREAKING DAY** - Board breaking (also known as tamashiware) is an important aspect in AMMA training because it allows the student to perform a technique with full force without harming someone. Also, AMMA uses breaking to teach students to overcome fears and obstacles.

## UPCOMING EVENTS

- ❖ **BELT PROMOTION CEREMONY** – Friday September 7, 2007. 6-7pm. AMMA Roseland.
- ❖ **BBC HIKING EXPEDITION**- Saturday October 20, 2007. 10:00am to 2:00 pm -All children & juniors BBC Members are invited to join Shihan & the Senseis on a hike that will teach them survival techniques in the wild. The hunt will take place at Eagle Rock Reservation in West Orange.