




September 2007 Calendar of Events

SUN	MON	TUES	WED	THURS	FRI	SAT
						1 AMMA CLOSED Labor Day Week End
2	3 AMMA CLOSED Labor Day	4 NEW CLASS SCHEDULE EFFECTIVE	5	6 STREET CLOTHES Child: 5 – 6 pm Junior: 6 – 7 pm Adult: 7 – 8 pm No Regular Classes	7	8
9	10 BUDDY DAY Bring a friend to any karate class and receive a gift.	11	12 AMMA CLOSED Rosh Hashanah	13	14  Belt Promotion Ceremony 6 – 7 pm No Regular Classes	15
16	17	18 BUDDY DAY Bring a friend to any karate class and receive a gift	19	20	21 AMMA CLOSED Yom Kippur	22
23	24 TIP AND TEST WEEK  Deadline to order boards for Board Breaking	25	26  Board Breaking Pee Wee: 4:30-5p Child: 5 – 6 pm Junior: 6 – 7 pm Adult: 7 – 8 pm No Regular Classes	27	28	29 BBC HIKING EXPEDITION 9 am – 1 pm

- ❖ **NEW CLASS SCHEDULE** –Effective September 4, 2007. Available now on line.
- ❖ **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.
- ❖ **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.
- ❖ **BELT PROMOTION CEREMONY** – AMMA Roseland.
- ❖ **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 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.
- ❖ **BBC HIKING EXPEDITION**- Saturday September 29, 2007. 9:00am to 1:00 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 event will take place at Eagle Rock Reservation in West Orange.

UPCOMING EVENTS

- ❖ **Halloween party** – Saturday October 27, 2007.
- ❖ **BLACK BELT EXAM**– Sunday December 9, 2007.