






# October 2007 Calendar of Events

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
					 <p><b>Belt Promotion Ceremony</b> 6 - 7 pm No Regular Classes</p>	<p><b>AMMA CLOSED</b> Grappler's Quest Grappling Tournament</p>
7	8	9	10	11	12	13
	<p><b>AMMA CLOSED</b> Columbus Day</p>			<p><b>STREET CLOTHES</b> Child: 5 - 6 pm Junior: 6 - 7 pm Adult: 7 - 8 pm No Regular Classes</p>		
14	15	16	17	18	19	20
21	22	23	24	25	26	27
	<p><b>TIP AND TEST WEEK</b></p>  <p><b>Deadline to order boards for Board Breaking</b></p>		 <p><b>Board Breaking</b> Pee Wee: 4:30-5p Child: 5 - 6 pm Junior: 6 - 7 pm Adult: 7 - 8 pm No Regular Classes</p>			 <p><b>AMMA HALLOWEEN PARTY</b> Sign up at dojo 6:00PM-8:00PM</p>
28	29	30	31			
	<p><b>TIP AND TEST WEEK</b></p> 		<p><b>AMMA CLOSED</b> Halloween</p>			

- ❖ **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.
- ❖ **HALLOWEEN PARTY** - Saturday October 27, 2007. Saturday October 27. All students, parents and their friends are invited to participate in the Halloween Party. It will be exciting, awesome and filled with games and prizes. Sign up at the dojo.

## UPCOMING EVENTS

- ❖ **BLACK BELT EXAM** - Sunday December 9, 2007.