

AMOROSI'S
MIXED MARTIAL ARTS

AMOROSI'S MIXED MARTIAL ARTS TIMES

SEPTEMBER 2008

WWW.AMOROSIKARATE.COM

Livingston ☎ East Hanover ☎ Roseland
Florham Park ☎ West Orange ☎ Short Hills
973.533.9112

Upcoming Events

- ❖ **HALLOWEEN & HOLIDAY FAMILY SAFETY SEMINAR**- Friday October 3, 7:00pm-8:00 pm. This FREE seminar is open to the general public. Parent(s) and children (ages 5 & up) should attend if possible. Topics covered will include how to trick or treat the safe way, bully prevention, and basic holiday shopping self-defense. Free Safety items will be provided for all participants.
- ❖ **BBC HIKING EXPEDITION**- Saturday October 11, 9:00am-1:00 pm -All children & junior BBC Members are invited to join Shihan & the Senseis on a hike that will teach them survival techniques in the wild and of course rock climbing. The event will take place at Eagle Rock Reservation in West Orange.
- ❖ **GRAPPLER'S QUEST GRAPPLING TOURNAMENT**- 10/18&19/08. William Paterson University, Wayne NJ. See amorosikarate.com for more details.
- ❖ **HALLOWEEN PARTY** - Saturday October 25, 2008. 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

Black Belt Tests

Determination • Spirit • Dedication
Intensity • Accomplishment • Excellence



Sunday September 28, 2008

10:00 am – 4:00pm

come and feel the power

Amorosi's Mixed Martial Arts will be holding our bi annual Black Belt Tests. The event is open to the public. It is encouraged and expected that all AMMA students, family and friends come to witness the highest level of human excellence and determination. Spectacular demonstrations will be performed. Refreshments will be available. Admission is free.

**WE ENCOURAGE AND INVITE ALL
TO BRING YOUR FAMILY AND FRIENDS.**

Movie Night



Parents, AMMA is offering to feed and watch your kids, while you enjoy a night out on the town

On Friday September 19, from 6:00 pm until 10:00 pm, AMMA will be holding a *Movie Night*. The event will be for child and junior age students (5-12 years old). Age appropriate movies will be shown. Pizza and refreshments will be served. You are invited to bring your brother, sister, or a buddy. No karate experience needed. Registration deadline is 9/17. Parents, please let us know if you are interested in helping. Cost is \$20 per child.

A BIT ABOUT AMMA ETIQUETTE



- Upon entering the AMMA center, and the Dojo floor, bowing is a must.
- Your uniform should be neat with your patches in the proper place and belt properly tied (ask for additional instruction on tying your belt if necessary)
- Your belt should never be dropped to the ground or be washed.
- It is a sign of respect to bow to Shihan, your Senseis, Deshi, Dai Sempai and Sempais; this should never be overlooked as it is expected of you.
- Treat others as you wish to be treated.
- Respect, Discipline, Control and Spirit should NOT be considered something you practice ONLY at karate.

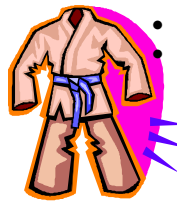
Sensei Says



Sensei Martinelli says, "The single most constructive thing a student can do to improve at AMMA is practice at home on a consistent basis. This will yield many positive results. Improved technique, more self-discipline, increased confidence and self-image. These qualities go a long way in and out of the dojo."

Osu, *Sensei Martinelli*

Equipment & Apparel Sale



- Polo Shirts – regularly \$29.95 sale price \$19.95
- Karate Pants –
 - ◆ White light Weight (beginners) \$ 4.95
 - ◆ White heavy Weight (beginners) \$ 9.95
 - ◆ White light Weight black stripes (int.) \$14.95
 - ◆ White heavy Weight black stripes (int.) \$19.95
 - ◆ Black light Weight white stripes (adv.) \$14.95
 - ◆ Black heavy Weight white stripes (adv.) \$19.95

These are very reduced prices. Available while supplies last.

5 Habits of a Highly Effective Karate-Ka

- 1) Train consistently, avoid peaks and valleys.
- 2) Keep a training and nutrition log. Make specific dates for training and follow through. Be conscious about what you eat. Make good healthy eating choices whether eating out or at home and keep track of what you consume.
- 3) Love your workouts.
- 4) Goal Setting. Begin each workout with the end in mind. Visualize having an excellent workout, follow through, and realize your goals.
- 5) Train with the proper spirit and intensity. Keep up personal motivation and focus to overcome peaks and valleys

Amorosi's Mixed Martial Arts September 2008 Calendar of Events

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 AMMA CLOSED Labor Day	2 NEW CLASS SCHEDULE EFFECTIVE	3	4	5	6
7	8	9	10 Street Clothes Child & Junior 5:30 – 6:30 pm Adult 6:30 – 7:30 pm No Regular Classes	11	12	13
14 TIP AND TEST REVIEW WEEK	15	16	17	18	19 Movie Night 6-10 pm Child & Junior Bring a Buddy registration required	20
21 TIP AND TEST WEEK	22 Deadline to order boards for Board Breaking	23	24 Board Breaking Pee Wee: 4:30-5p Child: 5 – 6 pm Junior: 6 – 7 pm Adult: 7 – 8 pm No Regular Classes	25	26	27
28 BLACK BELT TEST	29	30 AMMA CLOSED Rosh Hashanah 				

*For details about our Monthly Events, please check the Members Section on our website.