

**AMOROSI'S
MIXED MARTIAL ARTS**

Upcoming Events

- ❖ **SELF-DEFENSE SEMINAR** - On Friday December 5 , from 7:00 pm until 9:00 pm, AMMA will be holding a self-defense seminar for students, parents and anyone interested in learning how to protect themselves! Sign up today!
- ❖ **AMMA HOLIDAY PARTY** - On Friday December 19 from 7:00-9:00pm. AMMA will be hosting our 17th annual Holiday and New Years Party. Throughout the evening, we will also be showing vintage video footage of the evolution of AMMA.
- ❖ **AMMA SLEEPOVER PARTY** - In January 2009 we will be holding our annual Sleepover Party and Kongoiko. Please look for details in the December addition of the newsletter.



Isabella LaPolla a 4th grader at Hillside Elementary School in Livingston has recently achieved something few of her age group ever dream of, her Green Belt. Taking a grueling 6 hour test, Isabella fought with the spirit we've come to expect from AMMA students! In her free time she enjoys singing, dancing, acting and playing soccer. Isabella also plays trombone and is a member of Livingston's Young Leaders. Her training has recently lead to her father Mario and her sister Sabrina to begin training at AMMA. Isabella stated, "AMMA has helped me focus , and know that I can do well when I set my mind to it." We are proud Isabella LaPolla is our November student of the month!

NOVEMBER 2008

AMOROSI'S MIXED MARTIAL ARTS TIMES

NOVEMBER 2008

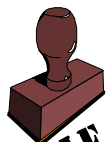
WWW.AMOROSIKARATE.COM

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

Parents Month Returns To Amma



Parent's Month, an AMMA tradition dating back to the founding of the dojo, returns again! For the month of November any parent(s) of AMMA students may train for **FREE** in either Karate or MMA classes. As an added bonus on November 7 from 7:00-8:00 parents and children can take part in a special Parent & Child Workout. This workout will be high-energy fun and every student who participates will receive a special certificate of completion. Sign up for Parent's Month and the Special Workout today! Osu!



SALE
**50%
off**

PRO SHOP
Item of the month

AMMA SWEAT SHIRT*

Regularly \$29.95, now on
SALE for **\$14.95** each.

*while supplies last & in stock items only.
Sale Expires 11/29/08



Movie Night

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

On Friday November 14, 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, snacks and refreshments will be served. You are invited to bring your brother, sister, or a buddy. No karate experience needed. Registration deadline is 11/12. Cost is \$20 per child.

AMMA SUCCESS BEYOND THE WORKOUT



The AmMA Hiking Expedition once again was a great success. Congratulations on your achievement to Noah & Eli Siegel, Joseph Salvanto, Isabella LaPolla, Manaas Chiplunkar, Michael Rigor, Tom Radomski, Mat & David Kumar and Sabrina Krasner.

A special thank you also to our volunteer parents, Steve Siegel, Mario LaPolla, Mildred Rigor, Steve Salvanto, Fern Kumar and Randy Krasner. Hikers, be sure to pick up your Certificate Of Achievement at the Center.

AMMA Bulletin Board

- **Students who are promoted** during Tip & Test Week will receive a PROMOTION PASS in addition to a red tip going forward. The Promotion Pass will state that you have passed your test and you should come to the Belt Ceremony. It will also give the date and time for the ceremony. This is a procedure we used in the past and has worked very well.
- **Concerned about your skills while training?** You might need a private lesson to help improve your technique, kata, sparring, or a competition edge. Talk to an instructor today for details.
- The **First Annual AMMA Essay Contest** is open to all students this month! Write a one page essay on "What Karate Means to Me" by November 26th and be entered to win the 1st place prize, a new GI, or 2nd place prize a new pair of Gi Pants. Enter today!

Diet, Nutrition and Training

One of the most important and often overlooked aspects of your training at AMMA is proper diet and nutrition. Many new and even experienced students skip meals prior to training, forgetting that they are depriving their body of the fuel that supplies the energy for their workout! Here are some helpful hints to allow you to maximize your training through diet and nutrition:

1. Remember to eat a small healthy meal at least one hour before training.
2. Avoid unhealthy food like candy, fast food and other high fat foods.
3. Always drink water and sports drinks before and after training.
4. If training for more than one class, eat a snack between classes.
5. Avoid heavy food before or between training, light healthy meals are best.

CONGRATULATIONS TO OUR NEW BLACK BELTS








- ◆ Jonathan Radomski
- ◆ Dylan Kessler
- ◆ Michael Rigor

You are all true role models and leaders. We are proud of you. Osu.



Amorosi's Mixed Martial Arts

November 2008 Calendar of Events

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
2	3 BUDDY DAY	4 AMMA CLOSED Election Day 	5  Street Clothes C & J 5:30-6:30pm Adult 6:30-7:30pm No Regular Classes	6	7  BELT PROMOTION CEREMONY 6 - 7 pm Parent Child Workout 7-8 pm registration required	8
9 NAGA GRAPPLING TOURNAMENT	10	11 BUDDY DAY Veterans Day 	12	13	14 Movie Night 6-10 pm Child & Junior Bring a Buddy registration required	15
16  TIP AND TEST REVIEW WEEK	17	18	19	20 BUDDY DAY	21	22
23  TIP AND TEST WEEK <i>Demo Tryouts week</i>	24 Deadline to order boards for Board Breaking	25	26  BOARD BREAKING C & J 5:30 - 6:30 pm Adult 6:30 - 7:30 pm No Regular Classes	27 AMMA CLOSED Thanksgiving	28 AMMA CLOSED	29 BUDDY DAY