



Amorosi's Mixed Martial Arts July 2008 Calendar of Events



SUN MON TUES WED THURS FRI SAT

1 2 3 4 5

AMMA CLOSED AMMA CLOSED
Independence Day Independence Day

6 7 8 9 10 11 12

**NEW
CLASS SCHEDULE
EFFECTIVE**



Street Clothes
Child & Junior
5:30 – 6:30 pm
Adult
6:30 – 7:30 pm
No Regular Classes

13 14 15 16 17 18 19



**TIP AND TEST
REVIEW WEEK**

Buddy Day
Bring a friend to
any karate class
and receive a gift.

20 21 22 23 24 25 26

**TIP AND TEST
WEEK**

**Deadline to order
boards for
Board Breaking**



Board Breaking
Pee Wee
5-5:30pm
Child & Junior
5:30 – 6:30 pm
Adult
6:30 – 7:30 pm
No Regular Classes



27 28 29 30 31

Buddy Day
Bring a friend to any
karate class and
receive a gift.



- ❖ **NEW CLASS SCHEDULE** –Effective July 6, 2007. Available 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.
- ❖ **TIP AND TEST REVIEW WEEK** - This week the curriculum will mainly consist of reviewing all techniques needed for Tip & Test Week.
- ❖ **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.
- ❖ **BOARD BREAKING DAY** - Board breaking (also known as tamashiware) is an important aspect in AUK training because it allows the student to perform a technique with full force without harming someone. Also, AUK uses breaking to teach students to overcome fears and obstacles.