



Amorosi's Mixed Martial Arts

August 2008 Calendar of Events



SUN MON TUES WED THURS FRI SAT

1

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Please Pardon Our Appearance During Renovations

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BUDDY DAY

Bring a friend to any karate class and receive a gift



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

10

11

12

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15

16



Black Belt Exam

10am-4:00

17

18

19

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23



TIP AND TEST REVIEW WEEK



BUDDY DAY

Bring a friend to any karate class and receive a gift

24/31

25

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27

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30

TIP AND TEST WEEK



Deadline to order boards for Board Breaking



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



AMMA CLOSED
 Labor Day Week End

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 Labor Day Week End

- ❖ **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.
- **BLACK BELT EXAM AND EXTRAVAGANZA** - Sunday August,10, 2008. Times 10:00 am - 4:00 pm. The BBE is open to the public. We are encouraging and requesting that all students, family and friends come to cheer on the candidates. Admission is free.