








December 2007 Calendar of Events

SUN	MON	TUES	WED	THURS	FRI	SAT
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2	3	4	5  AMMA CLOSED Hanukkah	6 AMMA CLOSED Hanukkah	7	8
9  Black Belt Exam 10am-4:00pm	10	11	12	13 Street Clothes Child: 5 – 6 pm Junior: 6 – 7 pm Adult: 7 – 8 pm No Regular Classes	14	15
16	17 TIP AND TEST WEEK  Deadline to order boards for Board Breaking	18	19  Board Breaking Pee Wee: 4:30-5p Child: 5 – 6 pm Junior: 6 – 7 pm Adult: 7 – 8 pm No Regular Classes	20	21	22
23 	24 AMMA CLOSED	25  AMMA CLOSED Christmas	26  AMMA CLOSED Kwanza	27 AMMA CLOSED	28 AMMA CLOSED	29 AMMA CLOSED

- **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.
- **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.
- **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.
- **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.

UPCOMING EVENTS

- **KONGEIKO** - "Extreme Winter Training". January 2008.