










Amorosi's Mixed Martial Arts

April 2008 Calendar of Events



SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4	5
			BUDDY DAY Bring a friend to any karate class and receive a gift		 Belt Promotion Ceremony 6 - 7 pm	AMMA CLOSED NAGA Competition 
6	7	8	9	10	11	12
			 Street Clothes Child: 5 - 6 pm Junior: 6 - 7 pm Adult: 7 - 8 pm No Regular Classes			
13	14	15	16	17	18	19
	 TIP AND TEST REVIEW WEEK					Deadline to order boards for Board Breaking
20	21	22	23	24	25	26
TIP AND TEST WEEK 	AMMA CLOSED Passover 		 Board Breaking Pee Wee: 4:30-5p Child: 5 - 6 pm Junior: 6 - 7 pm Adult: 7 - 8 pm No Regular Classes			
27	28	29	30			

- ❖ **BELT PROMOTION CEREMONY** - Students who passed their tests must attend the formal belt ceremony.
- ❖ **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. Child = 5-8 y/o, Junior = 9-12 y/o, adult = 13 & up.
- ❖ **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.