

Martial Arts Times

October 2013

Quest Martial Arts

75 Railroad Street, Putnam, CT 06260

860-928-9218

www.questmartialarts.us

October Dates:

- 1st: Back to Regular Uniform Tops.
NO more T-Shirts
- 2nd: BBC Demo Team 6:20pm
- 4th: First Friday Demo.
BBC Pint Sparring 6:15pm
- 5th: BBC Grappling 11:00am
Master Valentin Tournament. See SBN
Duethorn if you're interested in competing.
- 9th: BBC Self Defense Review 6:20pm
- 11th: BBC Bo Class 6:15pm
- 12th: NINJA Seminar!! See Flyer for more details.
No BBC or Regular Classes today.
- 15th: Leadership Meeting 7:00pm
- 16th: BBC Grappling 6:20pm
- 17th: SWAT Meeting 4:45PM
- 18th: BBC Bo Class 6:15pm
- 19th: Pumpkin Festival – 10:00am – 4:00pm (Putnam)
- 19th: MBC Black Belt Review II- 11:00am
All Black Belts welcome to attend
- 19th: Women's Best of the Best
Watertown, CT 6:00pm
See Flyer for more Info.
- 23rd: BBC Forms Review 6:20pm
- 21st – 23rd: Stripe Evaluations
- 25th: GUP Graduation 6:30pm
- 26th: Bring a Buddy to class today!!
Bully Seminar 11:00am
Annual Halloween Party 6:00-7:30pm
See Flyer in Do Jang for more info and to sign up
- 30th: BBC Grappling 6:20pm
- 31st: NO KARATE! HAPPY HALLOWEEN!!!



HAPPY HALLOWEEN

Women's best of the Best

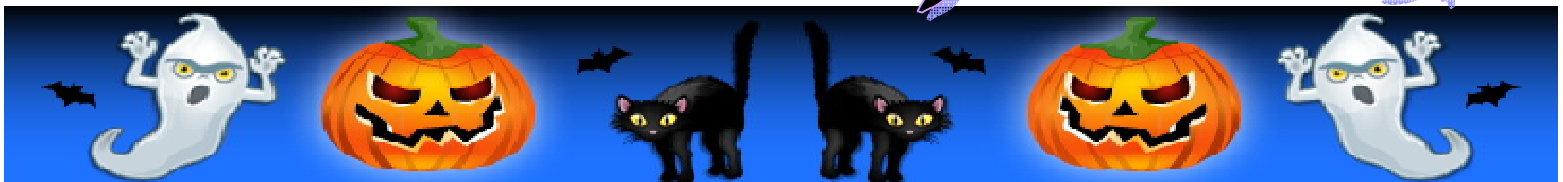
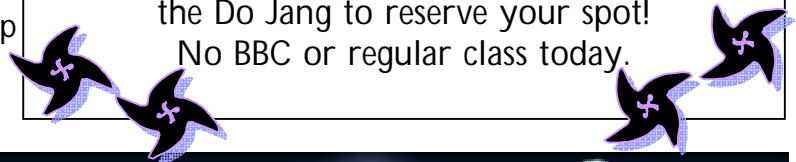
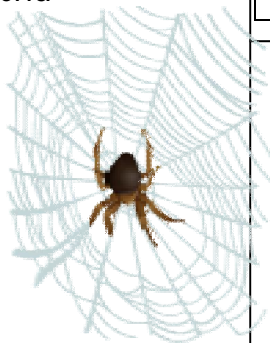
Help support our Black Belt Women at Master Charland's School in Watertown, CT on October 19th. This is an all women's sparring tournament. If you are interested in participating, you must be 16 years of age- 15 by permission. 1 GUP Red may enter by instructor invitation only. **See Master Duethorn for more information.** If you are participating, please be there by 6:00pm, event to start at 6:30pm. This tournament is a Breast Cancer Fundraiser, entry fee is \$20 and spectator fee is \$5. All proceeds will go to Breast Cancer research.

Fit To Fight Class has begun! Our Martial arts exercise program – no experience necessary.
Tuesdays at 6pm

NINJAS ARE COMING

October 12, 2013

Children - 9:30am- 10:45am. Cost is \$20
Teens & Adults - 11:00am- 1:00pm. Cost is \$30
This event is open to everyone! Please sign up in the Do Jang to reserve your spot!
No BBC or regular class today.



STUDENT OF THE MONTH



Dragon: Julian Escobar
 Child: Ethan Ekman
 Teen: Watts Herideen
 Adult: Kristen Finnemore

Krav Maga Coming!

On November 6 we will host Master McShane and the Israeli commando self defense system Krav Maga. This is free for Black Belt Club and Masters Club. Basic students -\$25.

Krav Maga is a martial system developed in Israel that consists of a wide combination of techniques sourced from boxing, Muay Thai, Wing Chun, Judo, jiu-jitsu, wrestling, and grappling, along with realistic fight training. Krav Maga is known for its focus on real-world situations and extremely efficient and brutal counter-attacks.

Karate Olympics coming!

The 2013 Karate Kid Olympics is almost here for all you Karate Kids, Ages 4 – 15 years old!

This year's annual competition will be held on Saturday, November 2nd, 9:00 AM at the WYNDHAM HOTEL, 123 Old Andover Rd., in Andover, MA. See the flyer in the dojang for more information.

WHAT'S GOING ON!!

Good Luck to Master Duethorn, Mrs. Finnemore, Mrs. Nilo and Mrs. Lengyel. They will be competing at the Worldwide Tang Soo Do Family World Championships in Amsterdam on October 12/13.

Kick of the Month – Tollyo Ahp Chaki – Roundhouse Kick. Remember to download your curriculum sheets from questmartialarts.us

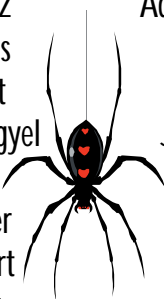
It's now October so you must be wearing your full uniform!

Please welcome our newest Black Belt Club members!!

David Anderson
 Zachary Rainville
 Arianna Garnsey

HAPPY OCTOBER BIRTHDAY!!

Isabel Alvarez	Adriana Anderson
Linsey Arends	Sawyer Britt
Kiera Brunett	Hayley Kuhn
Michelle Lengyel	Jacob Mainhart
David May	Kyle Pazienza
Morgan Potter	Rachel Salop
Sawyer Stewart	Bridget Vezina
Aleya Wesler	Andrew Wink



AUGUST GRADUATES

Blue Tiger
 Brooke Fontaine

Orange Dragon
 Chimairan Rochette

Blue Dragon
 Vincent Adonizio

Green Dragon
 Kristjan Conroy Julian Escobar

Red Dragon
 Sebastian Hanshaw

Orange Child
 Lucas Depari Sawyer Stewart
 Ian Stone

Blue Child
 Emma Rainville Travis Ryley
 Dakota Ryley

Blue Green
 Arianna Garnsey

Green White
 Evan Odorski Aidan Danburg
 Marcos Escobar Jack Adase

Green Child
 Deidrea Hanshaw

Green Red
 Mathew Card Abby Card
 Annie Griffin Sophia Griffin
 Zachary Rainville Mason Riquier

Green-Black
 Zachary Willard

Red White
 Ethan Ekman

Red Child
 Alexis Elkinson

Junior Apprentice
 Riley Chapuis

Orange Adult
 Laura Graves Tyler Zurowski
 Samuel Zurowski

Blue Adult
 Hayley Cutler Jacob Tremblay

6 Gup Green Adult
 Timothy Wesolowski

5 Gup Green
 Lydia Smith Erica Smith
 Adriana Anderson

4 Gup Green
 Kerri Sauer Mike Davis

2 Gup Red
 Brendan Chapuis Tyler Hopkins
 Scott Selmecki Mason Lafleur
 Watts Herideen-Woodruff

Apprentice Black Belt
 Javier Alvarez



National Bullying Prevention Month is a campaign in the United States founded in 2006 by **PACER's National Center for Bullying Prevention**. The campaign is held during the month of October and unites communities nationwide to educate and raise awareness of bullying prevention. National Bullying Prevention Month is recognized in communities across the United States, with hundreds of schools and organizations signing on as partners. Facebook, CNN and Yahoo! Kids have supported the month through media outreach and dissemination. PACER developed the initial campaign National Bullying Prevention and Awareness Week in response to the need to raise awareness of bullying, as it was historically viewed "a childhood rite of passage" and believed that bullying "made kids tougher", when the reality is that bullying has devastating effects such as school avoidance, loss of self-esteem, increased anxiety, and depression. Here at the school we will focus on anti bully technology for November.