

Martial Arts Times

April 2015 Quest Martial Arts

Work Out Month!!!!

860.928.9218

75 Railroad Street Putnam, CT 06260
www.questmartialarts.us

April Dates:



- April 1st - BBC Kali 6:20p.m
- April 3rd - No Class School Closed
- April 4th - BBC Tournament Team 11:00a.m
Regular Classes
- April 8th - BBC Self Defense Review 6:20p.m
- April 9th - Dan Test Review III 6:00p.m
Reg. Classes
- April 10th - BBC Kali 6:15p.m
- April 11th - Bill Wallace Seminars-sign up at desk
-No Regular Classes
- April 15th - BBC Kali 6:20p.m
- April 17th&18th - 5:30-8:30 pm Friday
Fast Defense 9a.m-12p.m Saturday
- April 18th - BBC Tournament Team 11:00a.m.
- April 20th- 22nd - Stripe Evaluations
- April 21 - Leadership Meeting 7:00p.m
Regular Class at 7pm
- April 22nd - BBC Forms Review 6:20p.m
- April 24th - GUP Graduation 6:30 pm
- April 25th - BBC Tournament Team 11:00a.m.
- April 25th - Wales Tournament
- April 28th - No 5p.m. Apprentice Class
- April 29th - BBC Tournament Team 6:20p.m
- April 30th - SWAT/STORM 4:45p.m
- May 2- New England Championships
Old Saybrook,CT
No BBC

Save the Date!!

May 2nd New England Championship, Old Saybrook,CT

May 23rd MGK Tournament, New Haven,CT

**Quest Martial Arts is teaming up
with TEEG to bring....**

**“ Strong Girls, Healthy Women” to our
Community through funding provided
by the Northeast Women and Girls
Fund**

Designed for and limited to females ages 14-18.
Sessions are FREE, include a light meal and require pre-
registration. Please contact Diane at 860-923-3458,
dianef@teegonline.org to register. Space is LIMITED!

Women’s Self Defense at Quest Martial Arts

April 17th - 5:30p.m. -8:30p.m. OR
April 18th - 9:00a.m – 12:00 p.m.

Other Options Offered by TEEG

Healthy Relationships & Sexuality

April 9th – 5:00p.m – 8:00p.m. OR
April 11th – 10:00a.m- 1:00p.m

Sexting and Social Media Safety

April 14th – 4:30p.m- 7:30p.m OR
April 15th – 4:30p.m- 7:30p.m

See posters for details on each class.



February Graduates

Tiger

Tessa Riendeau
Harrison Seney

Green Dragon

Adrianna Alvarez
Collin Tracz
Garrett Belleville

Yellow

April Regis
Hunter Sanford
Logan Vinal
Alexa Deleon

Orange Child

Madelyn Frechette

Blue

Samuel Desmond

Blue Black

Campbell Fraser

Green Black

Charlie Caggiano
Ian Stone

Green Red

Reed Magnan

Red White

Ela Gadoury
Emma Rainville

9 GUP Orange

Page Krupula
Jennifer Frechette
Dathan Kindle

8 GUP Blue

Lucas Depari

7 GUP Blue

Sarra Bernier
Derek May

6 GUP Green

Nils Larson
Lucien Frechette



Students of the Month

Child: Emma Rainville

Teen: Page Krupula

Adult: Lucien Frechette

Please make sure your uniform is clean and relatively wrinkle free. Too many students are coming to class a bit messy. Take pride in how your look; it will affect your performance. Also, in the intermediate class, we do partner work. No one wants a messy partner with a dirty uniform! All advanced and intermediate males must wear groin protection at all times.

Etiquette

If you are running late for class, we still want you to come. Please do the following warm up on your own if you miss the bow into class. Then go to the front of the room. Go to Choon Be, ask permission to join class. Bow and go to the last place in line. Return their at the end of class.

Beginner Warm up- 25 push ups, Sit ups, jumping jacks.

Intermediate- 50 pushups/sit ups/jumping jacks

Advanced 75 push ups/situps

Black Belts 100 push ups/situps

Graduation Reminders: Remember to download your curriculum sheets before stripe evaluations. It is your responsibility to know the requirements. Intent to Promote forms are also available online. You must let us know ahead of time if you will be missing graduation. We will set a make up on Saturday or Monday only. We can't graduate students all week. It cuts into our teaching time. Letting us know ahead of time is respectful and the right thing to do.

ATA Tournament Results!!!!

SBN Duethorn- 2nd Weapons, 3rd Forms and Breaking.

Derek Pomes - 1st Chil Sung, 2nd Weapons 3rd Forms

Molly McKeon – 1st Forms, 1st Chil Sung, 1st Sparring, 1st Breaking, 2nd Weapons

Jacob Mainhart – 2nd Weapons, 3rd Chil Sung

Scott Selmecki – 2nd Weapons

Alexis Elkinson – 2nd Breaking

Aleya Wesler – 2nd Sparring

Coby Babbitt – 1st Weapons, 2nd Sparring

Jeffery Gibbs – 1st Sparring

Nicholas Boligan- 3rd Weapons

Sophie Griffin – 3rd Weapons

Mathew Card – 2nd Forms, 2nd Sparring

Chris Desmond – 1st Sparring, 2nd Breaking, 2nd Forms, 2nd Forms

Mike McKeon – 1st Weapons, 1st Sparring

Sam Desmond – 1st Sparring, 1st Breaking

Alishia Thompson – 1st Forms

Happy April Birthday!!

Jack Adase

Chris Desmond

Sebastian Hanshaw

Colton Sallum

David Salisbury

Coby Babbitt

Kristen Finnemore

Nathan Adams

Dheric Seney

Tucker Trahan

Gabe Bourget

Lee Gendron

Gary Powell

Patrick "Professor" Sullivan

Hunter Larson

Abby Card

Deidrea Hanshaw

Owen Parker

Alishia Thompson

Zachary Willard