

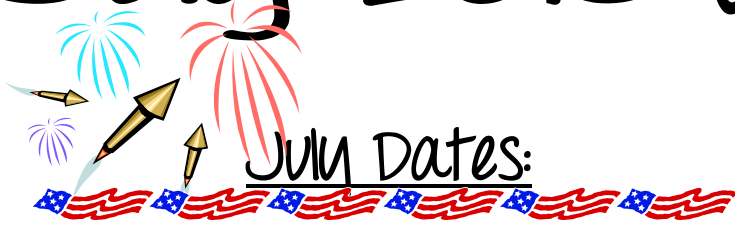
# Martial Arts Times

## JULY 2015 QUEST MARIAL ARTS

860.928.9218

75 Railroad Street Putnam, CT 06260

[www.questmartialarts.us](http://www.questmartialarts.us)



### July Dates:

- June 26<sup>th</sup> – 5<sup>th</sup>: Karate School Closed
- July 6<sup>th</sup> – 10<sup>th</sup>: Board Breaking Week
- July 8<sup>th</sup>: Demo Team 6:00 pm
- July 10<sup>th</sup>: BBC: Nun Chucks 6:10 pm
- July 11<sup>th</sup>: Cookout and Fireworks 6:30pm
- July 13<sup>th</sup> – 17<sup>th</sup>: Ninja Weapon Week
- July 15<sup>th</sup>: Demo Team 6:00 pm
- July 16<sup>th</sup>: BB Pre-Test (regular classes all night)
- July 17: BBC Movie & Pizza Night 6:10 pm
- July 18: NEPS Demo 2:30PM-woodstock Fairgrounds
- July 20<sup>th</sup> – 22<sup>nd</sup>: Stripe Evaluation
- July 22<sup>nd</sup>: Demo Team 6:00 pm
- July 23<sup>rd</sup>: Adventure Park Trip 9:00 am
- July 24<sup>th</sup>: GVP Graduation 6:30 - Rotary Park
- July 25<sup>th</sup>: Leadership Meeting 8:00 pm
- July 27<sup>th</sup> – 31<sup>st</sup>: Ground Fighting
- July 29: Demo Team 6:00 pm
- July 30<sup>th</sup> – Aug 2<sup>nd</sup>: WDU National and Camp
- July 31: BBC Nun Chucks 6:10 pm

### Quaddick Lake Picnic/swimming

coming August 15<sup>th</sup>!

Bring your picnic basket and bathing suit.

### Summer Theme Weeks!!

Ninja Weapons

Board Breaking

Padded Weapon Sparring

Competition Week

And more!!!

### Summer Raffle

Various ways to earn tickets including showing up for class!!

Chance to win great prizes!

### Congratulations New Black Belts!!!



Emma Willard

Aleya Wesler

Alexis Elkinson

Alyssa Arends



## Happy July Birthday!!



Joe Andujar  
Ben Gordon  
Zach Davis

Watts Herideen-Woodruff  
Lucas Depari  
Ashton Sirimongkhone  
Gary Pazienza  
Zachary Rainville  
Alexandra Whitehead  
Kathryn McArthur

## What's Going on!!!

Please sign up for Demo Team (in the book)

Private Lessons Available! See SBN Duethorn if you're interested!

Kick of the Month – Crescent Kick – Remember to download your curriculum sheets from the website.

[questmartialarts.us](http://questmartialarts.us)

Our Online University for downloads and videos.

## May Graduation 2015

### CHILDREN

**Orange Dragon**  
Owen Parker  
Tessa Riendeau  
**Red Dragon**  
David Sumner  
Collin Tracz  
**Yellow**  
Owen Lefebvre  
Rowan Lehmann  
Aidan Tyler  
**Orange**  
Carina Cook  
Avan Sangasy  
**Orange-Blue**  
Evelyn Kirkconnell  
Cadence Kirkconnell  
**Blue-White**  
Gianah DeAngelis  
Ashton Sirimongkhone  
Keanu Sirimongkhone  
**Blue**  
Kathryn McArthur  
**Blue-Green**  
Samuel Desmond  
Ben Gordon  
**Green White**  
Campbell Fraser  
**Red-White**  
Kyle Pazienza  
**Red-Black**  
Jai Abrams  
Arianna Garnsey  
Jr. Apprentice **Black**  
Adam Sekula  
Ewa Sekula

### ADULTS

1 Gup **Orange**  
Gavin Fulton  
John Goodwin  
2 Stripe **Blue**  
Logan Parker  
1 Stripe **Blue**  
Page Krupala  
3 Stripe **Green**  
Katryna Bernier  
Jamiel Andujar  
Sarah Underwood  
3 Gup **Red**  
Joe Andujar  
Yves Geyer  
**Adult Apprentice Black**  
Jarod Martin  
Keenan Lamontagne  
Dylan Martin

Karate will be closed  
June 26<sup>th</sup> ~ July 5<sup>th</sup>.

(Gym is open)



Come join us for our annual  
cookout and Fireworks on  
July 11<sup>th</sup> at 6:30pm!!

Check the online calendar for more  
exciting events!!

### Know the Warning Signs

**A culture of silence often surround bullying.  
Many children who are bullied never tell anyone.**

**Most bullying is not reported because children . . .**

- Don't recognize it as bullying
- Are embarrassed
- Don't want to appear weak
- Believe they deserve it
- Want to belong
- Fear retaliation
- Don't know how to talk about it
- Don't have a trusted adult to confide in
- Think adults won't understand
- Think nothing can be done about it

## BBC News

Leadership Meeting: July 25<sup>th</sup> 8:00 pm

Please welcome our newest BBC Members:

Page Krupala  
Ari Abrams

Kathryn McArthur  
Caitlin Child

Get BBC info online to join!!

## Students of the Month



Dragon: Colin Tracz  
Child: Alishia Thompson  
Teen: Dathan Kindle



Women with boys need to use the family restroom for changing. There are to be NO boys over 3 years old in the ladies room and NO girls over 3 years old in the men's room. Please use the family bathroom.

### Parents!

Are you receiving the weekly emails?  
If not, see the front desk associate to sign up or register on the website!