

Martial Arts Times

October 2015

Quest Martial Arts
75 Railroad Street, Putnam, CT 06260

860-928-9218

www.questmartialarts.us

October Dates:



Don't forget—full uniform time!!!

Oct. 2nd - Dagger and Bo Forms BBC 6:15 pm

Oct. 3rd - Point Sparring BBC 11:00 am

Oct. 7th - BBC Street Clothes Class 6:20 pm

Oct. 9th - Dagger and Bo Forms BBC 6:15 pm

Oct. 10th - BBC Forms Review 11:00 am

Oct. 10th - Fall Classic Tournament

Oct. 14th - BBC Self Defense Review 6:20 pm

Oct. 16th - Dagger and Bo Forms BBC 6:15 pm

Oct. 17th - NO BBC

Oct. 17th - Fall Dan Test 11:00am Review #2

Oct. 19th-21st - Stripe Evaluations

Oct. 20 - Leadership Meeting 7:00 pm

Oct. 21st - Point Sparring Class BBC 6:20 pm

Oct. 22nd - SWAT Team 4:30 pm

Oct. 23rd - Graduation 6:30pm

Oct. 24th - Buddy Day. BBC sparring class 11am

Oct. 28th - BBC Dagger and Bo Forms 6:20 pm

Oct 30th - Karate Closed

(Trick or Treat night in Putnam)

Oct 31st - Regular Classes!!!! No BBC class today.

Halloween setup committee meets at 11am.

Halloween Party 6:00 pm - 7:30 pm



HAPPY HALLOWEEN

Be "Street Smart"

"A"- is for awareness

"B" - is for be calm and breathe

"C" - Communicate with Confidence

"D" Don't make it worse. DEFEND!

It's Parent Appreciation Month

New karate parents can have karate for FREE in October. Many parents are members of our program. Join now to get in shape!

Learn Korean

안녕히 계세요.

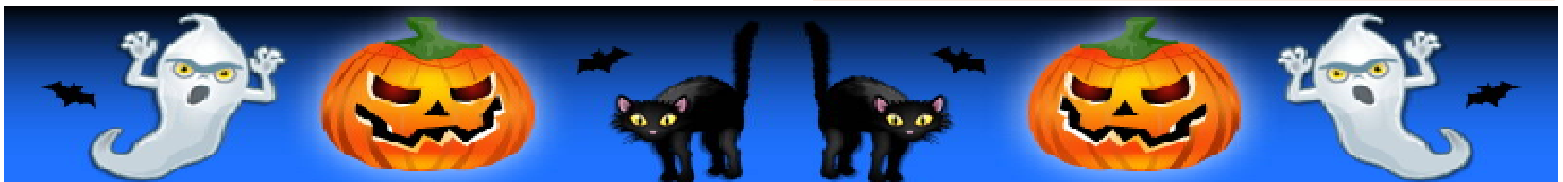
Anyoung hee gaeseyo.

Goodbye "Please stay well" (when you are leaving)

안녕히 가세요.

Anyoung hee gaseyo.

Goodbye "Please go well" (when you are staying)



STUDENT OF THE MONTH



Dragon: Watthana Phongsas
Child: Morgan Potter
Teen: Mathew Card
Adult: Robert Anderson

Halloween Party Saturday October 31

from 6-7:30. There is a sign up for our pot luck dinner. Costume contest, dance contest, glow chuks and more.
We are looking for help setting up and cleaning up.

UPCOMING TOURNAMENTS!

Oct. 10th Fall Classic Tournament
Meriden, Ct
Master Valentin hosting

Nov. 14th Hudson Valley
Tournament
Wappingers Falls, N.Y.
(sanctioned USGTSDA
tournament)

All TSD tournaments

See SBN Duethorn to sign up



HAPPY OCTOBER BIRTHDAY!!



Isabel Alvarez
Linsey Arends
Dominic Lafleur
Michelle Lengyel
Jacob Mainhart
David May
Jack Owens
Kyle Pazienza
Morgan Potter
Doug Ryan
Aleya Wesler
Breana Briere-Jones
Michele Lengyel
Brynn Perry
Evan Webb

TIGER

Tiger

Demo LaPierre

DRAGON

Orange Dragon

Watthana Phongsas

Blue Dragon

Owen Parker

Red Dragon

Xavier Lafleur

CHILDREN

Yellow

Karanveer Sidhu

Yudhvir Sidhu

Alexandra Lee

David Sumner

Orange

Rowan Lehmann

Abigail Nelson

Adam Lee

Aidan Tyler

Blue-White

Evelyn Kirkconnell

Blue-Green

Dominic Lafleur

Kathryn McArthur

Blue-Black

Samuel Desmond

Ben Gordon

Red-Black

Joseph Monk

Jr. App Black

Ethan Ekman

ADULTS

9 GUP Orange

Rachel Holden

8 GUP Blue

Jessica Stanger

Madison Wollack

6 GUP Green

Derek May

5 GUP Green

Jamiel Andujar

2 GUP Red

Yves Geyer

1 GUP Red

Colby Johndrow

Anne Dilko

Cho Dan

Watts Herideen-Woodruff

Arielle Kippax

AUGUST GRADUATES



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.