

Martial Arts Times

April 2013 Quest Martial Arts

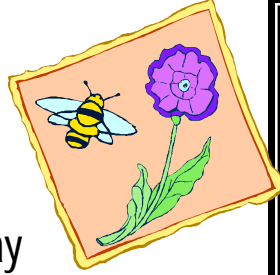
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www.questmartialarts.us

Work Out Month!!!

April Dates:

- 3rd: BBC Grappling 6:20
- 5th: No BBC
- 6th: No Karate Classes Today
Annual School Tournament
9:00am Hyde School in Woodstock
- 10th: BBC Guest Instructor Wayne
Mello Sparring Seminar 6:20pm
- 12th: BBC Forms Review 6:15pm
- 13th: BBC Weapons Forms 11:00am
- 17th: BBC Street Clothes Class 6:20pm
- 19th: Self-Defense Review 6:15pm
- 20th: BBC Tournament Team 11:00am
- 22nd-24th: Stripe Evaluations
- 23rd: Leadership Meeting 8:00pm
- 24th: BBC Grappling 6:20pm
- 26th: GUP Graduation 6:30pm
- 27th: Super Fun Saturday! Bring a Buddy
To Class Today!
BBC Tournament Team 11:00am



Congratulations to Team Quest!!

The following people competed at the American Tang Soo Do Tournament in Andover, Ma.

SBN Duethorn – 3rd in Masters Weapons, 1st Masters Sparring, Grand Champion Women's Sparring

Derek Pomes – 3rd Place in All 5 Divisions
Brian Zurowski – 1st Sparring, 3rd Forms
Julia "Fifi" Gilloran – 1st Sparring, 2nd Breaking and Weapons
Molly McKeon – 2nd Breaking, 3rd Sparring
Lynne "Brownie" Laliberte – 2nd Sparring, 3rd Forms
Alex Boligan – 1st Weapons,
David May – 1st Forms, 2nd Weapons, 3rd Breaking, 3rd Chil
Sung Forms
Scott Selmecki – 1st Sparring, 2nd Breaking, 3rd Weapons
Deb Campbell – 3rd Sparring
Dheric Seney – 1st Sparring
Javier Alvarez – 3rd Sparring
Aleya Wesler – 3rd Forms – First Tournament!!
Gerald LaMontagne – 1st Forms
Watts Herideen – 1st Sparring
Keenan LaMontagne – 3rd Breaking, 2nd Sparring
Hunter Campbell – Participant
Olivia Cunha – Participant
Alexis Elkinson – Participant

Annual School Tournament

Saturday, April 6th 9:00am.

Hyde School, Woodstock, CT

PARENTS!!

Are you receiving the weekly email? Stop by the front desk if you are not.

February Graduates

Orange Dragon

Charlie Caggiano
Brenden Morris
Tobias Dexter
Julian Escobar

Blue Dragon

Sebastian Hanshaw
Cole Fontaine
Michael Lowery

Green Dragon

Jonathan Racine

Child Orange

Madison Bates
Marcos Escobar
Payton Keefe
Hailey Keefe
Nicholas Caggiano

Hunter McNally

Paige Keefe

Kate Melnick

Orange/Blue

Kyle Paziienza

Child Blue

Evan Odorski

Ava Fabiano

Aidan Danburg

Blue-Green

Ethan Benoit

Green-White

Sabrina Berard

Abby Card

Annie Griffin

Sophie Griffin

Zachary Wesolowski

Green Black

Alexis Elkinson

Ellie Morissette

Red

Melanie Paziienza

Red-Black

Gavin Rickaby

Olivia Cunha

Keenan Lamontagne

Adult Orange

Milton Letendre

Yves Geyer

John Rock

2 Stripe Blue

Anne Dilko

Chris Stedman

1 Stripe Blue

Rachelle Davis

Spencer Hall

Erica Smith

Kate Poplasky

David Anderson

Adriana Anderson

Tristan Stedman

3 Stripe Green

Denise Wesolowski

Cameron Driscoll

Jr Apprentice Black

Tanner Clark

Students of the Month

Adult: Dave Anderson

Teen: Jacob Mainhart

Child: Alexis Elkinson

Dragon: Paul Poplasky

BBC NEWS

SWAT Meeting April 25th at 4:45pm

Leadership Meeting April 23rd at 8:00pm

Please welcome our newest BBC Members:

Nicolas Boligan

Troy Davis

Zach Davis

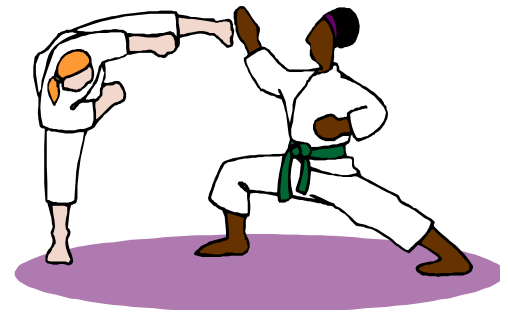
Michael Davis

Gary Paziienza

QUEST Martial Arts Jackets!!

Now available in Children and adult sizes. BBC and MC discounts available.

\$50.00



Class Opening Etiquette

- Charyut (Attention)
- Kukki Ba Rae (Salute the Flag)
- Mu knyum (Moment of Meditation)
- Baro (Return). Bow to instructors- i.e. Kwan Jang Nim/Sabom Nim/Ko Dan Ja/Kyo Sa Nim (Instructor Titles)
- Ke Kyung Yet (Bow)

What's Going On!!!

Karate Parents!! Don't forget to sign up for a gym membership!!

Demo Team sign ups coming soon!!

USGTSDA Nationals June 21 22

New London, CT

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

Kick of the Month - Round House Kick.

Remember to download your curriculum sheets from the website.

questmartialarts.us

Our Online University for downloads and videos.

Happy April Birthday!!

Jack Adase

Abby Card

Deidrea Hanshaw

Payton Keefe

David Salisbury

Coby Babbitt

Michael Fabiano

Sebastian Hanshaw

Brenden Morris

Dheric Seney

Tucker Trahan

Madison Bates

Kristen Finnemore

Andrew Hughes

Katlynn Morrison

Patrick "Professor" Sullivan

Zachary Willard

Michael Bilica III

Lee Gendron

Paige Keefe

Claudia Rathbun