

Martial Arts Times

August 2013

August Dates:

- 1st: MBC Kali Review 7:30pm
2nd: Graduation and Demo in Rotary Park 6:30pm
First Friday Booth Downtown.
4th: Quaddick Park Picnic 11:00am
Bring a Picnic Basket, Towel & Bathing Suit
7th: BBC Demo Team 6:20pm
9th: BBC Self Defense Review 6:15pm
14th: BBC Demo Team 6:20pm
15th: MBC Kali Review 7:30pm
16th: BBC Forms Review 6:15pm
19th – 21st: Stripe Evaluations
21st: BBC Demo Team 6:20pm
23rd: GUP Graduation 6:30pm
24th: Demo Team Practice 9:30am
28th: BBC Demo Team 6:20pm
30th: Woodstock Fair Demo! 6:30pm
August 30th – September 3rd: Karate School is
Closed for Labor Day Weekend
September 3rd: Gym Closed for Labor Day
Except for 24 Hour Members
September 3rd: Fall Schedule Begins

Summer Theme Weeks!!

August 5th – 9th Projectile Weapons Week

You must bring shoes – NO sandals.

August 12th – 16th Weapons Week

Starting Now

Uniform Change.

Green and Red children Do Not need colored trim on their uniforms.

Quest Martial Arts

75 Railroad Street, Putnam, CT 06260

860-928-9218

www.questmartialarts.us

USGTSDA Nationals

Congratulations to all the Quest Students that competed in the USGTSDA National on June 21-22.

Sophie Griffin 2nd Forms and Weapons
Annie Griffin 2nd Sparring
Abby Card 3rd Sparring
Denise Wesolowski 3rd Forms/3rd Weapons/1st Sparring
Melanie Pazienza 3rd Forms/3rd Weapons/3rd Sparring
Watts Herideen-Woodruff 3rd Weapons/3rd Forms/1st Sparring
Stacey Pazienza 3rd Forms/1st Weapons
Arielle Kippax 2nd Weapons
Nicholas Boligan 1st Sparring
Chris Martineau 2nd Forms/2nd Sparring/1st Weapons
Gary Pazienza 3rd Forms/3rd Weapons/1st Weapons
Scott Selmecki 2nd Forms/2nd Weapons/2nd Sparring
Hunter Campbell 3rd Forms/1st Weapons
David May 2nd Forms/1st Weapons/2nd Sparring
Asa Bazinet 2nd Forms/3rd Sparring
Gavin Rickaby 3rd Forms/3rd Weapons/2nd Sparring
Jacob Mainhart 2nd Weapons
Carl Andersen 3rd Forms/3rd Weapons
Mark Rickaby 2nd Weapons/3rd Sparring

Black Belts

Molly McKeon 1st Forms/1st Sparring 2nd Weapons
Nora Guskowski 2nd Forms/1st Weapons/2nd Sparring
Coleen Solitro 2nd Weapons/3rd Sparring
Julia Gilloran 2nd Forms/1st Weapons
Deb Campbell 2nd Forms/2nd Weapons/3rd Sparring
Phuong Nilo 3rd Forms/1st Weapons/2nd Sparring
Dheric Seney 3rd Forms
Derek Pomes 1st Forms
Brian Zurowski 2nd Weapons
Lynne Laliberte 2nd Weapons
Patrick Sullivan 3rd Forms/1st Weapons/2nd Sparring
Kristin Duethorn 1st Weapons

And a special thank you to all the students and parents who donated their time to help with the tournament. Your assistance was greatly appreciated!!

Student of the Month

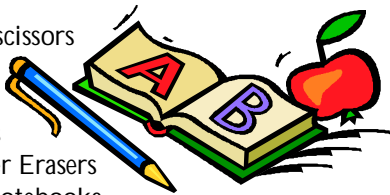


Dragon: Campbell Fraser
Child: Linsey Arends
Teen: Skyla Wesolowski
Adult: Tim Wesolowski

We are taking school supply donations for TEEG. Please help if you can. The deadline for donations is August 19th.

TEEG welcomes donations of the following items:

- Large, sturdy backpacks for middle/high school size kids
- Pens
- Child safety scissors
- Scissors
- Rulers
- Large Erasers
- Pencil Topper Erasers
- Wide Rule Notebooks
- College Rule Notebooks
- Composition Notebooks
- Book Covers
- Folders
- Three Ring Binders
- Loose leaf Paper
- Glue
- Highlighters



QR code to our Facebook page!
 Scan with your smart phone to go to our Facebook page. Check out our breaking videos, weapons videos and see tons of highlights from June and July here!!



What's Going On!!

FAST Self Defense Class August 12th and 19th. See the front desk associate for more information. Cost is \$75

Watch for Specialty Karate Camps this summer with SBN Duethorn!! Signups will be in the Do Jang!!

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

SBN Duethorn will be offering an 8 week Fit to Fight class on Tuesdays – at 6:00pm. No karate experience necessary. The cost is \$79 plus tax.

Kick of the Month – Yup Chaki - Side Kick
 Remember to download your curriculum sheets from the website.

questmartialarts.us

Our Online University for downloads and videos.

Please welcome our newest Black Belt Club member

Emma Brock!!

DEMOS!!

August 30th: Woodstock Fair Demo 6:30pm
 September 7th: Putnam Family Day Demo
 Weekend of Sept 13th - : Circle of Fun Demo TBA
 September 28th: Positively Pomfret Demo

Demo Team Practice every Wednesday in August at 6:20.

Happy August Birthday!!

Robert Adonizio	Diego Alvarez	Alyssa Arends
Lance Bojarski	Eric Covino	Rachelle Davis
Troy Davis	Logan Donohue	Seth Dunton
Glen Fontaine	Harrison Frost	Spencer Hall
Chris Martineau	Conner McLeod	Ty Nichols
Quentin Paterson	Thatcher Paterson	Melanie Paziienza
Derek Pomes	Mark Rickaby	Amelia Tomkins

Parents Corner!!

Are you receiving the weekly emails? If not, see the front desk associate to sign up or register on the website! Need a gym Membership? We have many options including **24 Hour Access!!** See the front desk associate if you're interested!!

questmartialarts.us midtown-fitness.com

A TIP ON ETIQUETTE

Always address the instructors by their titles inside and outside class. Parents, please follow this also. Calling instructors by their first name is not proper martial arts etiquette.

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. **Thank You**

June Graduates

Tiger Belt
 Sarah Melnick
Blue Tiger
 Quentin Paterson
 Thatcher Paterson
Orange Dragon
 Cole Hopkins
Green Dragon
 Alannah Coutu
 Cole Fontaine
 Michael Lowery
 Paul Poplasky
Red Dragon
 Campbell Fraser
 Isabella Selmecki
Orange Child
 Charlie Caggiano
 Ela Gadoury
 Travis Ryley
 Dakota Ryley
 Tucker Trahan
 Emma Rainville
Blue Child
 Arianna Garnsey
 Reed Magnan
Blue/Green
 Nicholas Caggiano
 Marcos Escobar
 Kate Melnick
Green/White
 Isabel Alvarez
 Jai Abrams
Green Child
 Emma Brock
 Ewa Sekula
 Adam Sekula
Green/Red
 Nicholas Boligan
Green Black
 Linsey Arends
 Zachary Willard
Red Child
 Coby Babbitt
Orange Adult
 Robert Adonizio
 Mike Davis
 Michael McKeon
 Jacob Tremblay
 Hailey Cutler
2 Stripe Blue Adult
 Colby Johndrow
 Phyllis Martin
 Skyla Wesolowski
 Logan Donohue
1 Stripe Blue Adult
 Timothy Wesolowski