

Martial Arts Times

March 2013 Quest Martial Arts

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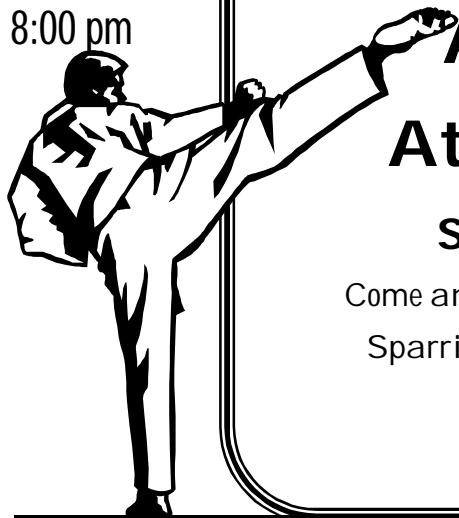
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March Dates:

- 1st: GUP Graduation 6:30pm
- 2nd: New England Tang Soo Do Tournament
(Regular am Classes. No BBC)
Super Fun Saturday – Bring a Buddy To Class! (Adult and teen class)
- 6th: BBC Self-Defense Review 6:20pm
- 8th: BBC Point Sparring 6:15pm
- 9th: BBC Tournament Team 11:00am
- 13th: BBC Grappling 6:20pm
- 15th: BBC Forms Review 6:15pm
- 16th: BBC Tournament Team 11:00am
- 19th: Leadership Meeting 8:00pm
- 20th: BBC Point Sparring 6:20pm
- 22nd-23rd: Master Byrne Memorial/American
Tang Soo Do Association Tournament
- 22nd: BBC Open Mat 6:15pm
- 23rd: Regular morning classes. No BBC.
- 25th – 27th: Stripe Evaluations
- 27th: BBC Grappling 6:20pm
- 28th: Black Belt Review III 6:30 – 8:00 pm
- 29th: GUP Graduation 6:30pm
- 30th: Super Fun Saturday – Bring
a Buddy To Class!
(Adult and teen class)

Class Opening

Charyut (attention), Kukki Ba rae (salute the flag), baro(return). Bow to instructors- i.e. Kwan Jang Nim/Sabom Nim/Ko Dan Ja/Kyo Sa Nim (instructor titles) Ke Kyung Yet (bow)



It's Tournament Season!

March 2nd, 2013

New England Tang Soo Do
Championships
Master Stephen Voelker

March 22-23, 2013

Master Byrne Memorial/ATA
Tournament

March 9th and 16th

Tournament Team Practice 11:00am

See SBN Duethorn for Details if you're
interested in competing.

COMING SOON!!!!

Our Annual School Tournament

will be held on

April 6, 2013

At Hyde School

Start time 9:00am

Come and compete in Forms, Weapons,
Sparring and Swords and Shields!

Deadline to Enter:

March 29, 2013

January Graduates

Tiger

Brooke Fontaine

Orange Tiger

Michael Fabiano

Thatcher Paterson

Quentin Paterson

Gavin Coomey

Red Tiger

Mason Benoit

Orange Dragon

Kristjan Conroy

Blue Dragon

Alannah Coutu

Maya Rodriguez

Sawyer Stewart

Green Dragon

Tucker Trahan

Child Orange

Heidi Pohlman

Dahlia Coomey

Child Blue

Gabriel Torrente

Alaina Salkiewicz

Deidrea Hanshaw

Jai Abrams

Isabella Alvarez

Blue-Green

Conor Stewart

Aidan Stewart

Adam Sekula

Ewa Sekula

Mason Riquier

Emma Brock

Jack Adase

Green-White

Matthew Card

Child Green

Kora Peterson

Jeffrey Gibbs

Troy Davis

Green-Red

Rachel Salop

Red-White

Coby Babbitt

Red-Black

Dylan Martin

2 Stripe Blue

Jean Foraker

Cho Dan Bo

Jacob Mainhart

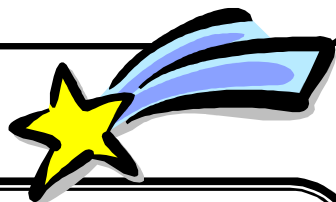
Students of the Month

Adult: Brooke Truesdale

Teen: Ty Nilo

Child: Eric Nocera

Dragon: Ela Gadoury



QUEST Martial Arts Jackets!!

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

\$50.00

BBC News

SWAT Meeting March 21st at 5:00pm

Leadership Meeting March 19th at
8:00pm

Please welcome our newest BBC
Members:

Linsey Arends

What's Going On!!!

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

Kick of the Month – Hook Kick .

Remember to download your
curriculum sheets from the website.

questmartialarts.us our Online
University for downloads and videos.

School Tournament coming up on
April 6th! Save the date!

Hyde School Woodstock

If you are late for class, you need to do 2 laps around the Do Jang, 25 Push ups, 25 Sit ups,
10 Front leg stretches and a crab walk and bear crawl across the dojang.
This will get you appropriately warmed up. Be self disciplined, do these without being asked.

If you forget your belt, sparring or safety gear or break the sparring rules, you need to do:

Beginners – 25 Push ups & sit ups
Green level – 50 Push ups & sit ups
Red Level – 75 Push ups & sit ups
Black Belts – 100 Push ups & sit ups.

Happy March Birthday!!

Asa Bazinet

Emma Willard

Kora Peterson

Alexis Elkinson

Greyson Magnan

Nora Guskowski

Brooke Truesdale

Heidi Pohlman

Sabrina Berard

Ewa Sekula

Jack Heroux

Ty Nilo

Zu En Seow