

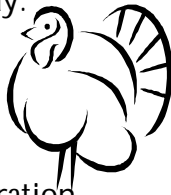
Martial Arts Times

November 2013



November Dates:

- 1st: BBC Forms Review 6:15pm
- 2nd: BBC Kali Class 11:00am
- 2nd: Kids Olympics Tournament
Applications are in the Do Jang
See Newsletter for more information!
- 6th: Krav Maga Seminar with Charlie McShane 6:20pm
See Newsletter for more information!
- 7th: Fit to Fight/Booty Camp Session II begins
See Front Desk Associate for more details.
Space is Limited!!
- 8th: Black Belt Physical Challenge 6:00pm
All Black Belts welcome to attend.
NO BBC Tonight.
- 9th: BBC MMA Class 11:00am
- 13th: BBC Point Sparring 6:20 pm
- 15th: BBC Open Mat or Bo Class 6:15pm
- 16th: BBC Street Clothes Class with MMA 11:00am
- 18th – 20th: Stripe Evaluations
- 19th: Leadership & DELTA Meeting 7:00pm
- 20th: BBC Self Defense Review 6:20pm
- 21st: SWAT Meeting 4:45pm
- 21st: GUP Graduation 6:30pm **THURSDAY!!**
NO Adult Advanced Class Tonight
- 22nd: BBC Point Sparring Drills 6:15pm
- 23rd: Black Belt Curriculum Challenge 10:00am
All Black Belts welcome to attend.
Regular AM Classes. NO BBC Today.
- 27th – 29th: Karate Closed
- 28th: Karate & Gym Closed.
(except for 24 hour Gym Members)
Happy Thanksgiving!!
- 30th: BBC Bo & Chuk Light Parade Preparation
- Dec. 1st: Holiday Dazzle Light Parade
Sign up in Do Jang
We will meet at the Do Jang 3:45pm



Quest Martial Arts

75 Railroad Street, Putnam, CT 06260

860-928-9218

www.questmartialarts.us

Save the Date!!

International Weapons Champion

Cory Lutkus

Will be conducting a
Bo Seminar on
Saturday, December 21st
10:00am – 12:00pm
Sign up in the Do Jang!



Krav Maga Seminar!

November 6 at 6:20pm

We will host Master Charlie McShane and the Israeli commando self defense system Krav Maga. This is free for Black Belt Club and Masters Club. Basic students - \$20. Ages 11+

Krav Maga is a martial system developed in Israel that consists of a wide combination of techniques sourced from boxing, Muay Thai, Wing Chun, Judo, jiu-jitsu, wrestling, and grappling, along with realistic fight training. Krav Maga is known for its focus on real-world situations and extremely efficient and brutal counter-attacks.

Holiday Karate Sale!!

Look for our **Special Sale** week of November 18, 19 & 20th. Interested in your own set of Glow Chuks?? Receive 20% off all items and Free Shipping!!



Student of the Month

Dragon: Tessa Sheldon
Child: Deidrea Hanshaw
Teen: Hayley Cutler
Adult: Michelle Lengyel



November is Anti-Bully Month!!

We will be having a contest for the BEST Anti-Bully artwork!!

We will have three winners: Dragon, Beginner Child and Advanced Child.

The winner will receive a **FREE QUEST SWEATSHIRT!!!**



Fit to Fight/Booty camp

SBN Duethorn's Fit to Fight Class was such a success, she's doing it again!! She will be offering a 6 week class starting on Thursday, November 7th at 6:00 pm. Classes will be on Tuesdays and Thursdays at 6:00pm. The cost is \$99 for 2 classes per week or \$60 for 1 class per week. Sign up at the front desk. Space is Limited!!

Toy Drive Starting!!

We will be collecting new unwrapped toys for local charities. There is a collection box in the lobby. Let's show NE Connecticut we wear our Black Belts around our hearts!



Want To Be In The Light Parade?

Sign up in the dojang to be included. It's a glow weapon light parade for us!



What's Going On!!!

Kick of the Month Ahp Chaki – Front Kick and Dui Chaki – Back Kick.
Remember to download your curriculum sheets from questmartialarts.us

Upcoming Dates!!

We are OPEN on November 11th, Veteran's Day. Private Lessons available. See SBN if interested.

Karate is CLOSED Nov 27th – 29th for the Thanksgiving Holiday.

Karate is CLOSED December 23rd – 26th for Christmas. Classes resume on the 27th. And CLOSED Dec 31st – Jan 2nd for New Year's. Classes resume Jan 3rd.

Tournament Team Kick Off is January 4, 2014. Sign up in the Do Jang!!

Annual Karate Banquet is Feb 1, 2014!! Save the date!!

Save the Date!!

Tuesday January 21st Master Penny Mitchell will be conducting a seminar. Master Mitchell is an 8th degree Black Belt and one of the highest ranking Women Black Belts in the country. Don't miss this opportunity to train with her!

Griz's Photo Day!!



Monday November 11th

Wednesday November 13th

Cost is \$25 per family. You will get two 4x6 photos and a CD with all the photos from that day. Please reserve your time. The sign up book is in the Do Jang.

September Graduates

Blue Dragon

Tobias Dexter

Red Dragon

Michael Lowery

Paul Poplasky

Yellow

Samuel Chitwood

Campbell Fraser

Alishia Thompson

Alexis Thompson

Child Blue

Charlie Caggiano

Ela Gadoury

Tucker Trahan

Blue/Green

Evan Antonson

Kyle Paziienza

Green/White

Nicholas Caggiano

Green/Red

Emma Brock

Ewa Sekula

Adam Sekula

Green/Black

Nicholas Boligan

Green Child

Jai Abrams

Isabel Alvarez

Alaina Salkiewicz

Conor Stewart

Red/White

Christopher Martineau

Morgan Potter

Red Child

Ellie Morissette

Red/Black

Melanie Paziienza

Junior Apprentice

Black

Dylan Martin

Jarod Martin

Adult 1 Stripe Blue

Yves Geyer

3 Stripe Green

Robert Adonizio

Troy Davis

Happy November Birthday!!

Mason Benoit

Anne Dilko

Mike McKeon

Nicholas Caggiano

Brooke Fontaine

Hannah Person

Brendan Chapuis

Campbell Fraser

Tarsavanh Sangasy

Tanner Clark

James "Griz" Gendron

Erica Smith

Tobias Dexter

Yves Gyer

Brian Zurowski