

Martial Arts Times

September 2013

Quest Martial Arts

75 Railroad Street, Putnam, CT 06260

860-928-9218

September Dates:

www.questmartialarts.us

- 2nd: Karate School and Gym closed for Labor Day
Except for 24 Access members
- 3rd: Fall Karate Schedule Starts
- 4th: BBC – Self-Defense Review 6:20pm
- 6th: BBC – Bo and Chuk Class 6:15pm
- 7th: Saturday Classes Begin
- 7th: Special Guest Instructor Grandmaster David Sgro. See flyer for more details
- 7th: Putnam Family Day Demo 4:00pm
- 9th: Senior Karate Class Begins 9:00am
- 11th: BBC Demo Team 6:20pm
- 13th: BBC Kali Class 6:15pm
- 14th: BBC Sparring Class 11:00am
Circle of Fun Demo 5:00pm
- 17th: Fit to Fight Class Begins 6:00pm
- 17th: Leadership Meeting 7:00pm
- 18th: BBC Forms Review 6:20pm
- 19th: SWAT Meeting 4:45pm (Please sign up in Do Jang)
- 20th: BBC Bo and Chuk Class 6:15pm
- 21st: Street Smart Self Defense 10:00am
- 21st: Black Belt Review I 11:00am MBC –
all black belts welcome to attend.
Regular Classes today. NO BBC.
- 25th: BBC Demo Team 6:20pm
- 27th: GUP Graduation 6:30pm
Don't forget to wear your full uniform!!
- 28th: Positively Pomfret Demo 1:00pm
- 28th: BBC – Grappling 11:00am
- 28th: Buddy Day!! Bring a Buddy to Class.
- 29th: Thompson Community Day 12:00 – 4:00pm

Super Seminar!!

This Seminar is Free!!!

Donations to "Go Ministries" Accepted!

Go Ministries is a Non-Profit Charity founded by Master David Sgro for the poor and orphaned in Guatemala.

Saturday September 7th

Children's Seminar- 9:30am-10:30am

Adult Seminar-10:10am-12:00pm

Regular Dragon Class at 9:30 am

Chopping Down the Tree!

(Defense against kicks) As Tang Soo Do practitioners, we spend much time kicking, but very little time studying defense against such kicks!

Christmas For Thousands

"I need your help and it's really simple. You put the gifts in my hands and I put it in theirs! Does it really get simpler than that? This is a simple way to make a child smile, and feel good too!!"

Grandmaster David Sgro

Here's what we need:

- Pencil Sharpeners
- Plastic Animals
- Fingernail Polish
- Pens/Pencils
- Matchbox Cars
- Plastic Whistles
- Combs/Brushes
- Dental Floss
- Toothbrushes/Paste
- Jump Ropes
- Stickers
- Plastic Rulers
- Erasers
- Marbles
- Yo-Yo's



What's Going On!!

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. This class will be an intense 45 minute workout incorporating bag work, medicine balls and core work as well as partner activities. No karate experience necessary. The cost is \$79 plus tax for 8 weeks.

Also coming soon will be Martial Arts for Seniors. It will teach traditional martial arts moves and Warrior Yoga. The self-defense portion will include street savvy habits combined with practical physical skills. The cost is \$79 plus tax for 8 weeks. If you are interested in these classes, please see the front desk associate for more information or to sign up!!

Kick of the Month – Yup Hu Ryo Chaki – Hook 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 members!!

Zachary Willard
Robert Adonizio



Ninjas Are Coming!!!
Save the date!! October 12th
O'Sensei Felix Vasquez
Times and fees to be announced.

Open to everyone. No BBC or Regular classes today.

Krav Maga Seminar

Save the Date!!

November 6, 2013 6:00pm

Taught by **Charlie McShane**

America's Best Defense

This seminar will focus on
Weapons Disarms.

No fee for BBC and MBC members.



International Tournament!!!

On October 10th – 13th, four of our Black Belt Ladies will be travelling to Rotterdam, Netherlands to compete at the 3rd International Worldwide Tang Soo Do Family Tournament.

Kristen "Lammie" Finnemore

Michelle "Payback" Lengyl

Phuong "Scrapper" Nilo

SBN Kristin Duethorn

Please be sure to wish them good skill!!!

DEMOS!!

Come and support your fellow karate students as they show off some awesome skills!!!

September 7th: Putnam Family Day Demo 4:00pm

September 14th -: Circle of Fun Demo 5:00pm

September 28th: Positively Pomfret Demo 1:00pm

We will also be performing at First Fridays!!

Tang Soo Do Books on Sale

As part of a fundraiser for Master Charland and his wife, we have books on Tang Soo Do for sale. These are personally autographed by the author Grandmaster Fred Scott. This book is a wealth of information on our art. One hundred percent of the book sale is going to help with Mrs. Charland's hospital bills. The suggested retail is 24.95. Any additional donations are also welcome. (Master B and Master D will also sign these books for you). Guaranteed collector items! Supplies are limited.

Full Uniforms

It's time to put the T-Shirts away!! We are back to **FULL UNIFORMS** on October 1st. Please be sure that you have all necessary patches sewn on and the correct trim on your uniform, if it's required. If you need patches sewn on your uniform, come see us at the front desk for more information and pricing. Black Belt Mrs. Castonguay does all of our sewing! (hems pants, sleeves and sews on patches!)

SWAT & STORM

"Special Winning Attitude Team"
"Super Team Of Role Models"

Kick Off meeting September 19th at 4:45pm
This is for students interested in learning leadership skills including the art of teaching karate.

You must be a member of the BBC in order to become a SWAT member. STORM members must be a Black Belt.

Student of the Month

Dragon: Sebastian Hanshaw
Child: Riley Chapuis
Teen: Javier Alvarez
Adult: Mike McKeon



July Graduates

Tiger

Thatcher Wood
Diezel Lapierre

Orange Dragon

Glen Fontaine
Evelyn Young

Green Dragon

Cassidy Chabot

Child Orange

Sadie Bergeron

Child Blue

Evan Antonson

Rane Kachuk

Conner Mcleod

Keegan Mcleod

Green

Ethan Benoit

Green/Black

Jeffrey Gibbs

Junior Apprentice

Black Belt

Keenan LaMontagne

Gavin Rickaby

Olivia Cunha

Adult Blue

Robert Adonizio

Mike Davis

Michael McKeon

3 Stripe Green

Anne Dilko

2 Stripe Green

Dave Anderson

Rachelle Davis

Brandon Freyer

Spencer Hall

1 Stripe Green

Zach Davis

Gary Pazienza

Emma Willard

3 Stripe Red

Arielle Kippax

2 Stripe Red

Carl Andersen

Gerald LaMontagne

Stacey Pazienza

Happy September Birthday!!



Dave Anderson

Greg Bojarski

Alexander Boligan

Cassidy Chabot

James Clark

Seth Dootson

Connor Dunkley

Mason Lafleur

Gerald LaMontagne

Molly McKeon

Kate Melnick

Ellie Morissette

Stacey Pazienza

David Pomes

Kate Poplasky

Paul Poplasky

Chimairan Rochette

Scott Selmecki

Hayden Wink



Parents' Corner!

Parents! Do you have a business? Would you like to advertise on our message board? If you're interested, please see SBN Duethorn for more information!

New Policies

New policies are made in September and January. All policies effective September 1st. Don't forget to download the new Quest Handbook from our website. questmartialarts.us

Upcoming Belt Changes

We will be upgrading the Children's Belt System to make them more competitive at tournaments and to distinguish between child and adult belt levels. This will be a gradual change that will take about a year to implement.

Starting Now!! Uniform Change.

Green and Red children do not need colored trim on their uniforms. If you already have trim on your uniform, do not take it off. This is an ongoing process for new green and red belt children.

Emails

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!! **FIRST MONTH IS FREE!!!**

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.

Bathroom 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**



Just A Reminder

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.

You must attend a minimum number of classes to get your stripe.

Summer Raffle Prizes

Winners will be posted on the bulletin board in the do jang.

Dragons

Inflatable Tumble Toy
Gift Card to Finders Keepers
2 Alligator Squirt Guns

Children

embroidered quest jacket
embroidered karate hoody
water gun

Teen

Mountain Bike
\$35.00 Gift Certificate
\$25.00 Gift Certificate

Adults

1 Hour Massage- WEMA- Shannon Sanders
\$25.00 Gift Certificate to Victoria Station
\$10.00 Gift Certificate for Karate Equipment



Referral Program

We would like to thank you for your continued support and training at school. It has been students like you that make our school such an amazing place for martial arts training.

This realization has prompted our enrolling more students in our latest campaign called "Everybody Wins." As your instructors, we know that quality student leads come from quality students like you. If you have a friend, coworker or family member you think would benefit from martial arts training, please bring them to class on one of our monthly "buddy days."

As a fun incentive, we have rewards for all students who participate in the "Everybody Wins" campaign. Listed below are the great things you can win if the students you refer sign up for a 12 month membership.

First Person – 25.00 gift certificate Second Person -35.00 gift certificate Third Person – 50.00 gift certificate

Master Bogdanski and Master Duethorn