

Martial Arts Times

August 2014

August Dates:

6th Fast Defense 1-4p.m.

6th Demo team 6:20p.m.

8th Forms Review 6:15p.m.

13th Demo team 6:20p.m.

15th Buddy Night Pizza, karate fun 6:15p.m.

20th Demo Team 6:20pm

22nd Graduation 6:30p.m.

23rd Demo Team Practice 9:00a.m.

Pool party

11:00a.m.

27th Demo team 6:20p.m.

29th Woodstock Fair Demo 6:30

No Karate Aug. 29th –Sept 1st

Sept 2nd Fall Schedule starts

Sept. 3rd Forms review 6:20p.m

Sept 5th BBC Point Spar 6:15p.m.

Sept 5th First Friday

Sept 6th Reg. Saturday classes

Sept 6th Review I 11-2p.m./no BBC

Quest Martial Arts

75 Railroad Street, Putnam, CT 06260
860-928-9218

www.questmartialarts.us

Summer Theme Weeks!!

August 4—Samurai week (padded swords)

August 11—Weapons week- use all karate weapons

August 18—Stripe testing (no theme)

August 29—Competition week



Books for sale

Many of you have met Master Charland (former chair of the U.S. Goodwill Tang Soo Do Association). His wife has been hospitalized many times in the last few years because of serious health issues. We are selling books as part of a fundraiser to help with some of these huge bills. One hundred percent of the book sale is going to help with Mrs. Charland's hospital bill.

We have for sale books on Tang Soo Do personally autographed by the author Grandmaster Fred Scott. This book is a wealth of information on our art. The retail is \$24.95. Any additional donation would be appreciated.

Student of the Month



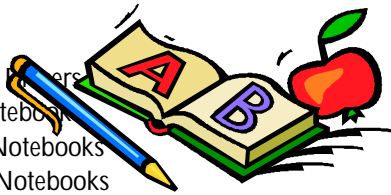
Dragon: DeAngelis
Child: Sebastian Hanshaw
Teen: Asa Bazinat
Adult:

Caitlyn Child

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

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
- 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!!



Happy August Birthday!!

- | | |
|------------------------------|-------------------------|
| Robert Adonizio | Alyssa Arends |
| Cynthia Ayers | Rachelle Davis |
| Troy Davis | Gianah DeAngelis |
| Logan Donohue | Seth Dunton |
| Caleb Ellis | Harrison Frost |
| Spencer Hall | Reed Magnan |
| Christopher Martineau | Quentin Paterson |
| Thatcher Paterson | Melaine Pazienza |
| Derek Pomes | Mark Rickaby |
| Kenzie Sellers | J-veion Teeter |

June Graduates

- Child Yellow**
 Hunter Larson
 Chimairan Rochette
Orange Child
 Dylan Lavallee
 Kenzie Sellers
Orange Blue
 Ben Gordon
Blue White
 Jamiel Andujar
Child Blue
 Alisha Thompson
Green/Red
 Nicholas Boligan
Green Black
 Emma Rainville
Red White
 Adam Sekula
7 Gup Blue
 Doug Ryan
6 Gup Green
 Laura Graves
 Gary Powell



ell

Coming up!!

Sept 13th – St. Mary Circle of Fun. 5:30

Sept 27th Positively Pomfret 1:00p.m

DEMOS!!

Aug 23rd- Demo Team practice 9:00 followed by BBQ and pool party (please sign up)

Aug 29th- Woodstock Fair Demo Team 6:30

Parent's 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!! All fitness classes begin Sept. 2nd. questmartialarts.com 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**