

Martial Arts Times

October 2014

Quest Martial Arts

75 Railroad Street, Putnam, CT 06260

860-928-9218

www.questmartialarts.us



October Dates:

Don't forget—full uniform time!!!

- Oct. 1st - BBC Grappling 6:20pm
 - BBC Weapons Night
- Oct. 3rd - BBC First Friday Demo
- Oct. 4th - Review II 11:00
 - Anti Bully Workshop 9:00a.m.
 - Regular Classes/No BBC
- Oct. 8th - BBC Self Defense Review 6:20
- Oct. 10th - BBC Open Mat 6:15pm
- Oct. 11th - BBC Grappling 11:00am
- Oct. 12th - Fall Classic Tournament
- Oct. 15th - BBC Forms Review 6:20pm
- Oct. 17th - Point Sparring-6:15
- Oct. 18th - BBC Grappling 11:00am
- Oct. 21st - Leadership Meeting 7:00p.m.
- Oct. 22nd - BBC Street Clothes 6:20pm
- Oct. 23rd - SWAT/STORM 4:45p.m.
- Oct. 24th - Graduation 6:30pm
- Oct. 25th - Buddy Day—All Classes
 - No BBC
 - Halloween Party 6:00-7:30pm
(sign up, see flyer for details)
- Oct 29th - BBC Final Grappling Practice 6:20pm
- Oct 31st - No Karate Classes
- Nov. 1st - BBC Grappling Tournament 11:00am
 - Sign up- all ages

HAPPY HALLOWEEN

Working in the Community

Bullying can be prevented, especially when the power of a community is brought together. Community-wide strategies can help identify and support children who are bullied, redirect the behavior of children who bully, and change the attitudes of adults and youth who tolerate bullying behaviors in peer groups, schools, and communities. Let's be an example in our community!!

LET'S LEARN KOREAN!!

안녕히 계세요.

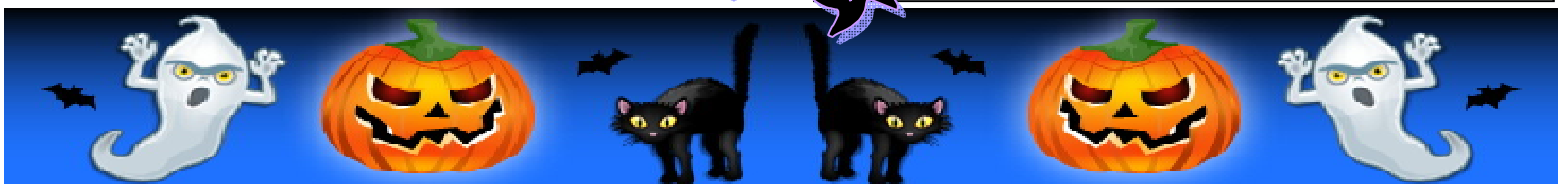
Anyoung hee gaeseoyo.

Goodbye "Please stay well" (when you are leaving)

안녕히 가세요.

Anyoung hee gaseyo.

Goodbye "Please go well" (when you are staying)



STUDENT OF THE MONTH



Dragon: David Sumner
Child: Ben Gordon
Teen: Ali wesler
Adult: NILS LARSON

Congratulations to Arianna Garnsey

Arianna was the fastest in her class to run the Mary Fisher Mile. She will now run again in front of the whole school to compete for the Golden Sneaker and be the name champion. This is a great honor to be chosen to participate in this race. The race will be held on Friday, October 3rd at 8:45am. Good luck and congratulations Arianna!!

AUGUST GRADUATES

Tigers

Dylan Axtell
Orange Dragon
Adrianna Alvarez

Sam Butner
Rowan Lehman
April Regis

Blue Dragon
Diezel LaPierre

Child Yellow

Gianah DeAngelis, Clayton Lehman,
Dorian Larose, Kathryn McArthur,
Evan Rawson

Child Orange

Hunter Larson

Orange/Blue

Dylan Lavalle, Kenzie Sellers

Blue/White

Ben Gordon, Autumn Taylor

Green/Red

Sadie Bergeron

Red/White

Jai Abrams

Red

Zackary Rainville

Red/Black

Nicholas Boligan

Abby Card

6 GUP Green

Korenza Manfredi, Doug Ryan

5 GUP Green

Cameron Driscoll

4 GUP Green

Colby Johndrow

3 GUP Red

Zach Davis

2 GUP Red

Spencer Hall



UPCOMING TOURNAMENTS!

Oct. 12th Fall Classic Tournament
Mariden, Ct

Nov 1st Karate Kids Olympics
Up to age 16
Andover, MA

Nov. 8th Hudson Valley
Tournament
Wappingers Falls, N.Y.

Nov. 15th – Master Beaudoin
Waterbury, CT

All TSD tournaments

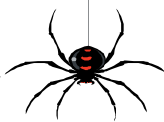
See SBN Duethorn to sign up



HAPPY OCTOBER BIRTHDAY!!



Isabel Alvarez
Adriana Anderson
Linsey Arends
Sawyer Britt
Dominic Lafleur
Michelle Lengyel
Jacob Mainhart
David May
Carter Mydlarz
Jack Owens
Kyle PaziENZA
Morgan Potter
Doug Ryan
Rachel Salop
Aleya Wesler



National Bullying Prevention Month is a campaign in the United States founded in 2006 by **PACER's National Center for Bullying Prevention**. The campaign is held during the month of October and unites communities nationwide to educate and raise awareness of bullying prevention. National Bullying Prevention Month is recognized in communities across the United States, with hundreds of schools and organizations signing on as partners. Facebook, CNN and Yahoo! Kids have supported the month through media outreach and dissemination.

PACER developed the initial campaign National Bullying Prevention and Awareness Week in response to the need to raise awareness of bullying, as it was historically viewed "a childhood rite of passage" and believed that bullying "made kids tougher", when the reality is that bullying has devastating effects such as school avoidance, loss of self-esteem, increased anxiety, and depression. Here at the school, we will focus on anti bully technology for October.