

# Martial Arts Times

## August 2015

### Quest Martial Arts

75 Railroad Street, Putnam, CT 06260

860-928-9218

[www.questmartialarts.us](http://www.questmartialarts.us)

### August Dates:

July 30–Aug 2<sup>nd</sup>: WDU Nationals and Camp

Aug 3<sup>rd</sup>–7<sup>th</sup>: Samurai Week

Aug 5<sup>th</sup>: Demo Team 6 pm

Aug 7<sup>th</sup>: BBC Nunchaku 6:15 pm

Aug 7<sup>th</sup>: First Friday demo 7:30pm

Aug 9<sup>th</sup>: Demo @ Rotary Park 11 am

Aug 10<sup>th</sup>-14<sup>th</sup>: Weapons Week

Aug 12<sup>th</sup>: Demo Team 6 pm

Aug 14<sup>th</sup>: BBC Nunchaku 6:15 pm

Aug 15<sup>th</sup>: Quaddick Lake Picnic 11 am

Aug 18<sup>th</sup>: \*Alpha Demo Team Only 7 pm

Aug 19<sup>th</sup>: Demo Team 6 pm

Aug 21<sup>st</sup>: BBC Water Gun Wars 6:15 pm

Aug 24<sup>th</sup>-26<sup>th</sup>: Stripe Evaluations

Aug 26<sup>th</sup>: Demo Team 6 pm

Aug 28<sup>th</sup>: GUP Graduation 6:30 pm

Aug 29<sup>th</sup>: Demo Team  
Cookout/Pool Party 11 am

**Closed Labor Day weekend!**

**Sept 4<sup>th</sup> – 7<sup>th</sup>**

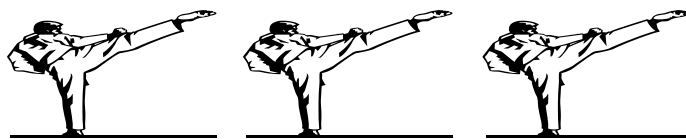
## Summer Theme Weeks!!

August 3—Samurai week (padded swords)

August 10—Weapons week- use all karate weapons

August 17- Competition Week

August 24—Stripe testing



## Coming up!!



September 4th – Woodstock Fair -6:30 pm

September 7th – Woodstock Fair- 5:30 pm

September 12th – Putnam Family Day -time tba

Sept 19<sup>th</sup> – St. Mary Circle of Fun - 5:30pm

September 26th – Positively Pomfret -1:00p.m

# Student of the Month

**Child:** Dylan Lavallee  
**Teen:** Maddie Hopkins  
**Adult:** Logan Parker

**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!!



**Tiger**  
 Carter Bergeron  
 Xavier Bilodeau  
 Breydan Pearson

**Orange Dragon**  
 Jackson Aleman  
 Caydem Herlihy  
 Alexandra Lee

**Green Dragon**  
 Ethan Gilchrist

**American Dragon**  
 Thatcher Paterson  
 Quentin Paterson

**Yellow**  
 Adam Lee  
 Abigail Nelson  
 Atiana Estes  
 Evan Webb

**Orange**  
 Alexa Deleon

**Orange Blue**  
 Hunter Sanford  
 Logan Vinal

**Blue**  
 Ari Abrams  
 Clayton Lehmann  
 Zachary Underwood

**Green white**  
 Isabella Selmecki

**Green Red**  
 Alishia Thompson

**Green Black**  
 Reed Magnan

**Red-white**  
 Nicholas Caggiano

**Red**  
 Ela Gadoury  
 Emma Rainville

**Jr. Apprentice**  
 Zachary Rainville

**Orange**  
 John Brouillette  
 Jessica Stanger

**8 Gup Blue**  
 Victoria Lussier

**7 gup blue**  
 Lucas Depari

Dathan Kindle  
 Jennifer Frechette  
 Maxwell Underwood

# Happy August Birthday!!

- |                       |                   |
|-----------------------|-------------------|
| Rachelle Davis        | Derek Pomes       |
| Troy Davis            | Gianah DeAngelis  |
| Seth Dunton           | Spencer Hall      |
| Harrison Frost        | Reed Magnan       |
| Thatcher Paterson     | Melanie Paziienza |
| Christopher Martineau | Quentin Paterson  |
| Robert Adonizio       | Alyssa Arends     |
| Dathan Kindle         | Adam Lee          |
| Demo LaPierre         | Owen Lefebvre     |
| Brian Maynard         | Tina Sousa        |

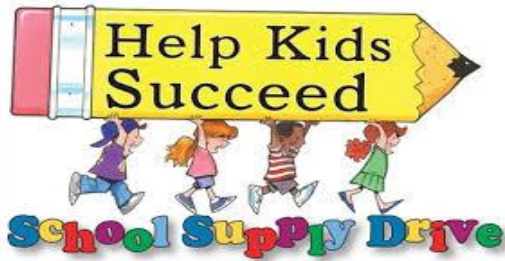
# DEMOS!!

AUG 29<sup>TH</sup>

DEMO TEAM PRACTICE  
 9:00 FOLLOWED BY  
 BBQ AND POOL PARTY

11:00 - 1:00

(PLEASE SIGN UP)



We are taking school supply donations for TEEG. Please help if you can. The deadline for donations is: Aug 7<sup>th</sup>. TEEG welcomes donations of the following items:

- Large, sturdy backpacks for middle/high school size kids
- Pens, Scissors, Rulers
- Child safety scissors
- Large Erasers, Glue
- Pencil Topper Erasers
- Notebooks
- Book Covers, Folders
- Three Ring Binders
- Loose leaf Paper
- Highlighters

## 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. 15th. [questmartialarts.us](http://questmartialarts.us)

### 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*