

Martial Arts Times

March 2015 Quest Martial Arts

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WWW.QUESTMARTIALARTS.US

March Dates:

- Mar. 4th – BBC Board Breaking 6:20p.m.
Mar. 5th – Review II Black Belt Testing 6:00 p.m.
Mar. 6th – BBC Bo and Dagger Practice 6:15p.m.
Mar. 7th – NO Classes **School Tournament
at The Hyde School Woodstock**
- Mar. 11th – BBC Self Defense Review 6:20 p.m.
Mar. 13th – BBC Weapons Class 6:15 p.m.
Mar. 14th – BBC Tournament Team 11:00 a.m.
Mar. 18th – Tournament Team 6:20 p.m.
Mar. 20th – 21st – ATA Tournament
Mar. 21st – Reg. Classes will be held
Mar. 21st BBC Forms Review 11:00
Mar. 23rd – 25th – Stripe Evaluations
Mar 24th – Leadership Meeting 7:00 p.m.
Mar. 25th – BBC Open Mat 6:20 p.m.
Mar. 26th – BBC SWAT/STORM class 4:45 p.m.
Mar. 27th – GUP Graduation 6:30 p.m.
Mar. 28th – Tournament Team 11:00 p.m.
- Super Fun Saturday – bring a buddy to class
 - Men's and Women's Best of the Best Watertown, Ct



It's Tournament Season!

Tang Soo Do Championship March 20th & 21st

Wyndham Hotel 123 Old River Rd. Andover, Ma

New England Tang Soo Do Tournament

May 2nd, Old Saybrook, CT

MI GUK KWAN Tournament

May 23rd New Haven, Ct

Seminar

Iain Abernethy World Renowned Applied Karate Expert

July 17,18 &19 Watertown Ct

See Board For Details

COMING SOON!!!

Quest Martial Arts Presents:

Sat. April 11, 2015

SUPERFOOT

Bill Wallace

Train with a Champion

Child Seminar 11-12:30 a.m. \$25.00

Adult Seminar 1:00- 4:00 p.m. \$60.00

Adults Pre-pay before 3/1/15 \$50.00

NON- USGTSDA Students \$80.00

(Space is Limited and will sell out)

January Graduates

Tiger

Namrah Naveed, Owen Parker

Orange Dragon

Kiely Kindle

Nico Andersen

Blue Dragon

Rocco Billiard

Green Dragon

David Sumner

Yellow Dragon

Evelyn Kirkconnell

Cadence Kirkconnell

Orange/Blue

Isaac Shippee

Abdullah Zameer

Blue/White

Jack Sumner, Isabel Sumner

Ari Abrams

Chimairan Rochette

Dominick Lafleur

Blue

Dylan Lavallee, Joshua Salop

Ben Gordon

Blue/Green

Sebastian Hanshaw

Red

Arianna Garnsey

Jai Abrams, Rachel Salop

Red/Black

Ewa Sekula, Adam Sekula

Jr. Apprentice Black

Christopher Martineau

Orange

Salwa Naveed

8 GUP Blue

Jamiel Andujar, Katryna Bernier

7 GUP Blue

Aaron Davis

6 GUP Green

Alexandra Whitehead

Scarlett Labbe

4 GUP Green

Joe Andujar

3 GUP Red

Colby Johndrow

Apprentice Black Adult

Gary Pazienza, Alyssa Arends

Aleya Wesler

Congratulations!!

Mrs. May

**Woodstock
Academy's
Teacher of the
Year!!**



2014 Banquet Awards

Demonstrator: Tarsavanh Sangasy

Competitor: Molly McKeon

Child Student of the Year:

Annie Griffin

Teen Student of the Year:

David May

Jr. Black Belt: Alexis Elkinson

Adult Student of the year:

Tami Hopkins

SWAT: Sophie Griffin

DELTA: Dheric Seney

STORM: Alex Boligan

Instructor: Julia "FIFI" Gilloran

BBC News

SWAT Meeting March 26th at 4:45pm

Leadership Meeting March 24th at 7:00pm

Welcome

Black Belt Club Members

Hunter Larson

Reed Magnan

Vincent Adonizio

Sarrah Bernier

What's Going On!!!

Never to late to sign up for

Leadership Team or

Tournament Team.

See Master Duethorn for details.

Class Opening Commands

Charyut (attention), Kukki Ba rae (salute the flag), baro(return). Bow to instructors- i.e. Kwan Jang Nim/Sabom Nim/Ko Dan Ja/Kyo Sa Nim (instructor titles) Ke Kyung Yet (bow)

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.

Happy March Birthday!!

Alexa Deleon, Alexis Elkinson, Jennifer Frechette, Nora Guskowski, Cadence Kirkconnell, Diezel LaPierre, Greyson Magnan, April Regis, Landen Reschke, Ewa Sekula, Isaac Shippee, Frederick Ullrich, Emma

Willard