



AUGUST

GREAT TIME TO SERVE!

Service is a big part of our program because it is so important to belonging to a community. While we require only an hour of service for Color Belt Testing, Black Belt Testers get to do between 50-200 hours of service. The thing is, when you serve others you end up helping yourself even more, and you will see that it is an amazing and powerful experience to help people in need. When we work together it improves life for everyone, so by serving others you are also serving yourself. We have so many service opportunities available all around us, and if you have any you want to share, we would love to support you, just let us know!




BACK TO SCHOOL

Pick up your teacher packet at the front desk and return it this month for a prize from the treat box!

WEAPON OF THE MONTH

Escrima Self Defense
Warm-up
Bo Staff Performance



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Word of the Week: Loyal	29	31	1	2	3 All Classes Canceled Black Belt Overnighter	4
5 Word of the Week: Gentle	6	7	8	9	10	11
12 Word of the Week: Considerate	13	14	15	16	17	18
19 Word of the Week: Reliable	20 Alpine School District 1st Day of School	21	22	23	24	25
26 Word of the Week: Example	27	28	29	30	31	1

PROSHOP SALE

10% off
Kamas



Poomsae Week 

Kicking Week 

Self Defense Week 