

September 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Theme of the Month: "Honor" <p>Honor is a gift a person gives himself. Honor comes from adhering to conscience and behaving with integrity, from demonstrating morality and continually showing loyalty, respect, humility, courage and duty. Honor is often misinterpreted as "pride," and though it certainly is a source of pride, honor demands modesty from those who have it. True honor comes from deserving respect regardless whether it is received.</p> <p>Baton Rouge Tournament</p> <p>The next Regional Tournament will be held in Baton Rouge, LA. This is our tournament. The date is November 13th. The Special Guest will be Senior Master Jay Kohl. We will be getting out sponsorship and event information over the next few weeks so be on the lookout. We need your help to make this event a success.</p>
Weapon of the Cycle: Jahng Bong 			1 One-Steps/Combat Sparring Night	2	3	4	
5	6 Labor Day No Classes	7 One Steps/Sparring Night	8 Weapons Only Night	9	10	11 CIT Workout	
12	13 One Steps/Combat Sparring Night	14 Weapons Only Night	15	16	17	18	
19	20 Weapons Only Night	21 One Steps/Sparring Night	22	23	24	25	
26	27 One Steps/Sparring Night Intent to Promote Cards Due	28	29	Upcoming Birthdays: 7 th —Liz Foster 8 th —Nate Foster 9 th —Mike Hofer 17 th —Aaron Bogan 21 st —Micah Major 23 rd —Master Jason Dendy			

UPCOMING EVENTS

<p style="text-align: center;">PROMOTIONS</p> <p>Promotions will be held on October 3rd. This is a SATURDAY. Beginners will promote at 9:30. Intermediate/Advanced/Black Belts will promote at 10:30.</p> <p>Tiny Tigers will promote IN REGULAR CLASS on Thursday, October 1st.</p>	<p style="text-align: center;">CIT WORKOUT</p> <p>On Saturday, September 11th, we will have our monthly CIT Workout. This workout is for Trainee Instructors and above who teach on a regular basis. The times will be from 9-11. One hour will be spent on curriculum and the other will be spent working on your material.</p> <p>If you are an instructor, you must attend this workout. If you are unable to attend, please contact Master Dendy.</p>
<p style="text-align: center;">SPARRING NIGHT</p> <p>The sparring classes on the 1st and the 13th will be Combat Sparring. Bring your Bahng Mahng Ee to class or, if you have a combat weapon, bring yours. Master Dendy will be going over the rules for Combat Sparring and teaching some of the combat sparring techniques.</p>	<p style="text-align: center;">ACTION WEAR</p> <p>Please remember that Action Wear can only be worn on the designated nights (Tuesday, Thursday, and Friday). Any other night you are required to wear full uniform or your WHITE pants and ATA t-shirt.</p>
<p style="text-align: center;">LAST DAY TO ORDER</p> <p>Monday, September 27th will be the last day to order gear and weapons for next cycle. If you need sparring gear, please get sized before this date. Weapon for the cycle is Ssahng Jeol Bong.</p>	<p style="text-align: center;">WEAPONS ONLY NIGHT</p> <p>On Wednesday, September 8th, Tuesday, September 14th, and Monday, September 20th, we will have weapons only night. Please bring your weapon of the cycle.</p>
<p style="text-align: center;">INTENT TO PROMOTE CARDS DUE</p> <p>Intent to Promote Cards are due on September 27th. No cards will be accepted late.</p>	<p style="text-align: center;">AWARDS CEREMONY</p> <p>The Awards Ceremony will be held on October 6th at 6:15. The dress attire is "street clothes". Soap and Candle Ceremony will follow. No regular classes.</p>