



From the desk of Ali Khakpour  
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www.sbmajax.com

### **\*\* SATURDAY SCHEDULE - August\*\***

Every third Saturday we will have a make-up class that will last 2 hours and count as 2 credits. The class is will be open to everyone.

The class for August will be on the 19<sup>th</sup>.

### **Avenues Mall Exhibit**

The weekend of the 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> we will be at the Avenues mall, with a booth, promoting our school. Stop by and say hi, or if you would like to support the school, you can register to run the booth for a couple of hours on any of the days.

### **Color Belt Test**

The next color belt test is on Friday, August 25<sup>th</sup> at 5:30pm. Good luck to all. Make sure you have all of your class requirements before this date, in order to be considered for testing.

### **New School Uniform**

There will be a new t-shirt that will be replace what students have been allowed to wear on t-shirt day. This new t-shirt will replace the uniform top as an acceptable substitute everyday.

The only time that the uniform top will be necessary is during testing, tournaments and seminars.

The t-shirt allows us to get a better workout and to have our uniforms in good shape for special events.

### **New Friday Schedule**

The class times for Friday have changed effective August 4<sup>th</sup>. From 5:00pm- 5:30pm we will have a fun class that involves jumping games and warm-ups for the sparring class (counts as one class.) The Sparring Class will start at 5:30pm and end at 6:30 for all ages and ranks.

### **Congratulations...**

...to all of the students that competed in the Board Break Tournament last month. The courage was overwhelming and the boards didn't stand a chance.

### **Great Seminar**

Tashi Troy Price taught a very effective and practical seminar for 2 days this past weekend. The seminar covered everything from grabs, attacks, to weapon defense. Everyone had a great time and we asked him to come back in November. More information is coming soon.

### **Useful WEB Links**

ATFI

[WWW.ATFI-ITF.COM](http://WWW.ATFI-ITF.COM)

ITF

[WWW.ITF-ONLINE.COM](http://WWW.ITF-ONLINE.COM)

Master Nunez 7<sup>th</sup> Dan (President ATFI)

[WWW.NUNEZTKD.COM](http://WWW.NUNEZTKD.COM)

Mr. Cacioli 6<sup>th</sup> Dan (Vice-President ATFI)

[WWW.BLACKDRAGONLTD.COM](http://WWW.BLACKDRAGONLTD.COM)