



# Paulsen's Family **AUGUST 2010** Martial Arts Newsletter

## State Games results:

## Congratulations!

Daniel Snelling	Sparring	Bronze
Karole Cone	Kata	Bronze
Bud Linton	Sparring	Gold
Terryn Hodges	Kata	Gold
Diane Carruth	Kata	Silver
Sensei Diane	Kata	Silver
Sensei Reggie	Judo	Gold

## Happy Birthday!

Terryn Hodges	August 1 <sup>th</sup>
Breanna Rendon	August 2 <sup>nd</sup>
Kevin Paulsen	August 2 <sup>nd</sup>
Jordan Mathis	August 11 <sup>th</sup>
Cody Kragel	August 16 <sup>th</sup>
Jaiden Clark	August 22 <sup>nd</sup>
Daniel Langdon	August 26 <sup>th</sup>
Joshua Rose	August 29 <sup>th</sup>
Levi Seely	August 30 <sup>th</sup>

## Tae Bo "Cardio Kickboxing"

### Classes starting Fri Aug 6<sup>th</sup>

#### At the Springs Dojo

We will be having regular Tae Bo classes every Friday night from 7:15pm-8pm. \$7 per class due at class time. We are privileged to have Janel and Julie Langdon as our instructors.

## Congratulations

### Who will be next

Diane Carruth

Scott Klaers

Michelle Riffenburg

Breanna Rendon

Karole Cone

Bud Linton

Nina Woodman

Kayla Tornabene

Sean Cavanagh

Josh Rose

Sarah Rose

Susan Rose

Kerstyn Tope

Lauren Klaers

Tuition is due by the 10th of every month, due to our Spring's location we need everyone to make an extra effort to pay your tuition on time & if not, there will be a \$25 late fee assessed after the 10th. Also, keep in mind that I am only in Falcon Tues & Thurs so plan your tuition payment accordingly and please pay prior to going on vacation or drop your payment in the mail.

Most importantly please call me with any issues Sensei Diane at 719-648-1195

**AUGUST 2010**

## *What's Happening*

### 2 New Classes Starting

*Black Belt Class , Springs Dojo,  
Saturdays 11:15am-12:00pm*

*Tae Bo class- Fridays 7:15-8pm*

### Brown Belt Enrichment

*class will be held on Friday August  
20<sup>th</sup> from 6pm-7pm at the Springs  
Dojo.*

### State Games of America:

*Held in San Diego, CA in 2011  
All those who qualified for the  
State Games of America by  
winning a medal in either last  
year's State games or this year's  
State Games are eligible to go to  
San Diego. So, let's come up with  
some fund-raising ideas and go as  
a school/team/family. Please  
Submit ideas to me or Sempei  
Kevin before August 21<sup>st</sup>*

### All School Pot-luck

*We will be having an all school  
Pot-luck directly after the Black  
Belt test on 21 August at about  
2pm. Bring your favorite dish and  
we will be having a town-hall  
meeting to discuss the coming  
year. Including; an in-school  
tournament, Fund raising and  
suggestions.*

*Black Belt Test 21 August 11:30am-  
1:30pm, Sempei's Kevin & Patrick*



*Don't forget we are able  
to accept Credit/Debit  
cards at both locations.*

### Anything Martial Arts

*you can go to either of these two  
websites, choose what you want then  
we will order it at our cost plus  
shipping.*

[www.Centurymartialarts.com](http://www.Centurymartialarts.com)

[www.awma.com](http://www.awma.com)

*Q & A, Questions & Answers;*

*Please submit any questions you might  
have to our new Q&A page on the  
website.*

*More videos and pictures on our  
website or Facebook at*

<http://www.facebook.com/pages/Pauls-ens-Family-Martial-Arts/264064110018>

*\*\*NEWSLETTER can be found on  
our website just click the link at  
top right corner.*

## CALENDAR OF EVENTS

Black Belt Test 21 August 11:30am-1:30pm

All School Pot-luck  
August 21<sup>st</sup> 2pm-4pm

Brown Belt enrichment class Friday  
August 20<sup>th</sup> 6pm-7pm at Springs Dojo

Paulsen's Family Martial Arts  
4144 Austin Bluffs Pkwy  
Colorado Springs, CO 80918  
719-648-1195

OR

Meridian Point Church  
5450 Meridian Rd.  
Peyton, CO 80831  
719-648-1195

## Class Schedules

### Colorado Springs Dojo/Studio:

#### Monday

4:15-5pm Kid Beginners  
5-5:45pm Kids color belts  
6-7pm – Adults all levels

#### Friday

4:15-5pm Kid Beginners  
5-5:45pm Kids color belts  
6-7pm – Adults all levels  
7:15pm-8pm Tae Bo/Cardio Kickboxing

#### Saturday

8:30-9:15am Adults all levels  
9:30-10:15am Kid's class Beginners  
9:30-11am Kid's class, Color Belts  
11:15am-12pm Black Belt Class

*Tae Bo is HERE*

### Falcon Dojo

#### Tuesdays

4:15-5pm White Belts 6-16 years old  
5:15-6pm Color Belts 6-12 Years old  
6:15-7pm Adults All Levels  
7:15-8pm Color Belts 13-16 Years old

#### Thursdays

4:15-5pm White Belts 6-16 years old  
5:15-6pm Color Belts 6-12 Years old  
6:15-7pm Adults All Levels  
7:15-8pm Color Belts 13-16 Years old

