



Paulsen's Family Martial Arts Newsletter

AUGUST 2011

WELCOME TO THE FAMILY

Dyllan Aldendorf	Springs
Benson Crabtree	Springs
Matthew Crabtree	Springs
Allison Dinda	Springs
Kai Hoshijo	Springs
Leah Ingleston	Springs
Nilan Ingleston	Springs
Noah Ingleston	Springs
Nathaniel Lopez	Falcon
Michael "Izaya" Mockerman	Springs

HAPPY BIRTHDAY!

Terryn Hodges	Aug 1 st
Breanna Rendon	Aug 2 nd
Kevin Paulsen	Aug 2 nd
Scott McCarty	Aug 3 rd
Colin Housman	Aug 9 th
Zach Holst	Aug 10 th
Jordan Mathis	Aug 11 th
Noah Ingleston	Aug 26 th
Levi Seeley	Aug 30 th

Congratulations

Winners at Rocky Mtn. State Games

Tyler Clark	Kata	Gold Medal
Joey Enghaus	Kata	Gold Medal
	Sparring	Silver Medal
William Fudge	Kata	Silver Medal
	Sparring	Silver Medal

Congratulations

Tom Tope	
Kerstyn Tope	
Brendan Smith	
Annie Brown	
Jeremy Chavez	
Emily Holst	
Nathan Holst	
Sam Holst	
Zach Holst	
Grady Brown	
Taylor Wease	
Julian Denny	
Jacklyn Francis	
Michael Francis	
Emily Grant	
Colin Housman	
Bailey Housman	
Audrey Miller	
Jaden Wawrzonek	

Zumba class

Wed 6-7 pm, Cost \$5 per class
Haven't heard of Zumba? Think of Jazzercise combined with Latin Dance. What a fun way to exercise! Classes will be taught by our very own Karole Cone for more info call 719-491-1521

MARTIAL ARTS EXTRAVAGANZA

On Saturday August 27th we will be hosting a special Back to school event to honor both student and parents. This will be a special time where the kids get to show off their talent and skills along with other demonstrations. Best of all it will be free. Call it a recital of sorts with much more. So make plans to be at the Springs Dojo between 11am and 1pm. There will also be a barbeque after the demo. Bring a side dish or dessert. Student's be at Dojo by 10:15am for practice and warm-ups

Please call or text Sensei when you or your student will not be in class. Vacation absence forms are also available

Personal Hygiene

Because we often work in pairs, please be sure and have clipped and clean finger nails, as well as using germx often at the Dojo

Also, please wear clean Gis to class

Sensei Says:

Be courteous & be helpful, and most of all be respectful.

Greet new students if you see someone you haven't seen in the Dojo before. Make them feel like part of the family

WE HAVE SLIGHTLY USED

GIS FOR SALE:

PANTS: \$7.50

Sz - 6 quantity= 2

Size 00 1

Size 3 1

Tops: \$7.50

Size 1 1

Size 2 2

Size 4 1

Size 5 - Whole Gi \$15

Hats now ~~\$75~~ \$10

T-shirts \$12.50

T-SHIRTS - SIZES YOUTH/ADULT SMALL TO XL

Don't forget about the Martial Arts Extravaganza on August 27th



State Games of America

Sensei Diane and Sempai Bud will be in San Diego Aug 5-7th Competing in the State Games of America.

Wish Sensei Diane luck as she will be testing for her 3rd degree Black Belt with Doshu

Classes will be as scheduled at the Springs Dojo



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



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 10% over cost plus shipping.

www.Centurymartialarts.com

www.awma.com

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

CALENDAR OF EVENTS

Sensei Diane's Test
San Diego Aug 6th

Extravaganza
Springs Dojo Aug 27th



Black Belt Class is held on Sat
11:15-12:00pm
Sat Black Belt class-BB's only

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

Wednesday

6-7pm Zumba exercise classes

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

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



