



Paulsen's Family Martial Arts Newsletter

DEC 2010

Welcome to the Family

Reed McAfee	Springs Dojo
Alexander Major	Springs
Carson Jenner	Falcon
Jon McIntosh	Falcon
Jayvyn Skelton	Springs
Sky Anderson	Springs
Emily Holst	Falcon
Zach Holst	Falcon
Sam Holst	Falcon
Nathan Holst	Falcon
Sweetpea Limbaugh	Falcon
Tiffany Limbaugh	Falcon

Happy Birthday!

Phillip Skelton	Dec 3 rd
Alexander Major	Dec 7 th
Tom Tope	Dec 19 th
Patrick Bearse	Dec 24 th



Congratulations

Who will be next

Chris Fudge

Sean Cavanagh

Josh Rose

Sarah Rose

Susan Rose

Brendan Smith

Annie Brown

Zeylan Talley

Give a loud "Respect"!!

Dalton Fuchs received an
OUTSTANDING REPORT CARD!!!!

Parents: Let Sensei know when your
child gets an award at school or in
community service.

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

DEC 2010

What's Happening

Merry Christmas

Dec 16th Falcon Christmas Party

All classes meet at 6pm-7:30pm Bring a \$5 gift & 1 dozen cookies or ? Pizza & drinks will be provided, Wear Gis

Dec 17th Springs Christmas Party

All classes meet at 5:30-7pm
Bring a \$5 gift & 1 dozen cookies or ?
Pizza & drinks will be provided, Wear Gis

NO classes Dec 20th thru Jan 1st

All classes resume on Jan 3rd

No Tae Bo class- Dec 24th & 31st
next class Jan 7th 2011

No Yoga classes beginning Dec 8th
offered until further notice,

Recycling for the State Games

Recycle cans & plastic bottles – bring to any class. The funds will go into the fundraising account for the State Games of America in San Diego



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

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/Paul-sens-Family-Martial-Arts/264064110018>

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

CALENDAR OF EVENTS

Dec 4th 11:15-11:30pm *Black Belt meeting*

12pm-2pm *BB candidate class Springs Dojo*

Dec 11th 11:15-12pm *Open Sparring*

12pm-2pm, *Black Belt Pretest – Springs Dojo*

Candidates:

*D.J. Hanes
Adam Kovacs
Casey Pretzeus
Ronnie Pretzeus
Kevin Smith
Stone Smith*

Dec 16th *Falcon Christmas Party*

Dec 17th *Springs Christmas Party*

Dec 18th *Springs Classes, regular times, NO BB class*

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*

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*

