



MAY 2010

Paulsen's Family Martial Arts Newsletter

Welcome to the Go Jiu Bujitsu
Family

*Please welcome the following new students to the Go
Jiu Bujitsu family.*

Kerstyn Tope
Tom Tope

Happy Birthday!

Jasmine Bannasch	May 6 th
Adam Kovacs	May 17 th
Alan Abair	May 22 nd
William Fudge	May 27 th
Ethan Jokela	May 28 st

Great Job!

*Thank you to all students/parents
who either helped us prepare, or
helped us during the Black Belt Test.
We have the best students/parents in
the whole world. We are so grateful
for and so blessed for all of the
volunteers and contributors which
also helped us get the new Dojo ready
for opening and the test.*

Thanks Again

Sensei Diane

*Thank You to Terryn Hodges for
the beautiful, awesome
Tiger/Dragon Mural on the wall
of the Dojo*

Congratulations

Reggie Tornabene

Jordan Mathis

D J Hanes

Adam Kovacs

Casey Pretzeus

Ronnie Pretzeus

Kevin Smith

Stone Smith

Jared Mathis

Tristen Bannasch

Bud Linton

Karole Cone

Congratulations!

Sensei Reggie & Sensei Jordan



APRIL 2010

What's Happening

Black Belt Test

Sensei Hector was very impressed by everyone's attitude and enthusiasm, as well as their skills and willingness to help. He said he truly felt like part of Paulsen's Family.

Brown Belt Enrichment class

will be held on Friday May 14th from 6-8pm at the Springs Dojo. We will be going over Judo and Ne Waza

Summer Vacations: don't forget to fill out an Absence/Vacation slip so we will know when we can or cannot schedule events.

Bo Kata Seminar

*Tokumine no kun dai
May 15th Sat 12-1:30pm
SPECIAL GUEST SENSEI;
Sensei Deb Cupples from Family
Karate Center will instruct
\$15 cost, sign-up required*

*May 22nd Sat 12-2pm
Women's Self Defense Seminar
Colorado Springs Dojo*

Special events at the Springs Dojo like; Movie night, Play day's and?

Any suggestions, please submit by calling Sempei Kevin at 719-648-1178 or on website.

We will also be looking at extra times or classes during the day to accommodate summer schedules. Info to follow



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.

Calendar of Events

*Brown Belt enrichment class
Friday May 14th at New Springs
Dojo*

*May 15th Sat 12-1:30pm
Bo Kata Seminar
Tokumine no kun dai*

*May 22nd Sat 12-2pm
Women's Self Defense Seminar
Colorado 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

4-4:45pm Beginners
4:45-5:30pm Kids 6-16 years old
6-7pm – Adults all levels

Friday

4-4:45pm Beginners
4:45-5:30pm Kids 6-16 years old
6-7pm – Adults all levels

Saturday

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

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

