

October 2010

WHAT'S HAPPENING

State Games of America

We are recycling Aluminum cans, brass, bronze or copper as a way to help fund the 2011 State Games of America candidates to San Diego. So, bring any of the metals listed above and especially aluminum cans to either dojo when you come to class. Here are the candidates who qualify: *Casey Pretzeus, Breanna Rendon, Sensei Patrick, D J Hanes, Jordan Mathis, Levi Seeley, Sensei Diane, Sensei Kevin, Sensei Reggie, Terryn Hodges, Karole Cone, Diane Carruth, Bud Linton, and Daniel Snelling.*

Brown Belt Enrichment

class will be held on Friday Oct 22nd from 6pm-7pm at the Springs Dojo.

Sparring Class

We will be having regular Sparring Classes starting now, at the Springs Dojo held the 2nd and 4th Saturday of each month 11:15am to 12pm

Black Belt Class

Changing to the 1st and 3rd Saturday Of each month 11:15am to 12pm

Falcon Kid's/Adults Sparring class, 1st Tuesday of each month
The whole class



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

Christmas Shopping

Go Jiu Bujitsu ball caps \$20

Will be ordering tee shirts soon

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/Pauls-ens-Family-Martial-Arts/264064110018>

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

Calendar of Events

Upcoming Competitions

Oct 16th - Honor & Integrity Karate

9:30am ages 4-14

Oct 23rd US Tang Soo Do

Invitational Tournament

9am-2pm

7358 McLaughlin Rd Ste B
Falcon

Nov 20th Paulsen's Interschool
Tournament. Details to come

Brown Belt enrichment class Friday
August 20th 6pm-7pm at Springs
Dojo

Oct 20th Yoga Class Wed 6:30-7:30pm

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/Sparring

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

