



# Paulsen's Family Martial Arts Newsletter

SEPT 2011

## WELCOME TO THE FAMILY

Zoe Wadman	Springs
Jordan Stakley	Springs
Daniel Stakley	Springs
Jayden Curtis	Springs
Makala Mangrum	Falcon

## HAPPY BIRTHDAY!

Zoe Wadman	Sept 2 <sup>nd</sup>
Jeremy Harrell	Sept 4 <sup>th</sup>
Thomas Dinda	Sept 5 <sup>th</sup>
Kayla Tornabene	Sept 6 <sup>th</sup>
Taylor Wease	Sept 6 <sup>th</sup>
Leah Ingleston	Sept 13 <sup>th</sup>
Reggie Tornabene	Sept 16 <sup>th</sup>
Melanie Backus-Knauf	Sept 17 <sup>th</sup>
Nicolle Rolenc	Sept 24 <sup>th</sup>
Craig Sheumaker	Sept 26 <sup>th</sup>
Glenn Miller	Sept 29 <sup>th</sup>

## Congratulations

Winner at State Games of America

### Sempai Bud Linton

Weapons	Silver Medal
Kata	Bronze Medal

Ryan Maikell received a Grand Champion award for his entry at the State Fair.

Great Job!

## Congratulations

Sensei Diane

Clem Malone

Brian Wawrzonek

Emily Grant

Julian Denny

Audrey Miller

Gabriel Massicotte



Congratulations to your Sensei for earning her 3<sup>rd</sup> degree (Sandan). She did a real awesome job and we should all be proud of her.

Doshu sends his best and can't wait for his next trip out here.

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

# KICK-a-THON RESULTS

**SAM HOLST** Tied With  
**PHILLIP SKELTON** Each raised \$65

**CLEM MALONE** overall WINNER Most  
Kicks at 118

**ALL PARTICIPANTS** Will receive a Special  
gift!!

**Total amount raised: \$422.85**, all  
proceeds & Food/Clothes Will go to  
**HIGH PLANS HELPING HANDS FOOD PANTRY**

## Nunchaks for sale

Foam with string - \$6.00

Foam with chain - \$8.00

## Extravaganza Report

We want to say that we are very pleased and proud of everyone at the extravaganza. We had an outstanding turnout/attendance and everyone did so well with their Demos. Please go to our website our facebook, and leave us comments as to how often you would like to do this again, every 6months/ 12 months etc.

We also have available DVDs of the extravaganza, they are available for \$5

P.S. Anyone with still pictures please email them if you would be so kind to  
[kevin@paulsensfamilymartialarts.com](mailto:kevin@paulsensfamilymartialarts.com)

## 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**

*Various sizes, please inquire*

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

*T-shirts \$12.50*

**T-SHIRTS - SIZES YOUTH/ADULT SMALL TO XL**



**Starting this month we will be starting a li'l dragons class for 2-4 year olds. The classes will be at the Springs dojo Monday & Friday at 3pm  
Please call Sensei Kevin at 719-648-1178 to**



**register**

SEPT 2011

## 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 for more info call 719-491-1521

## LABOR DAY

There will be no classes on Monday Sept 5<sup>th</sup>, Have a safe holiday

**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



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

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

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

# CALENDAR OF EVENTS

Labor Day – No classes



***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

3:00-3:30 Li'l Dragons  
4:15-5pm Kid Beginners  
5-5:45pm Kids color belts  
6-7pm – Adults all levels

#### Friday

3:00-3:30 Li'l Dragons  
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



