

## DATES TO REMEMBER

**BOARD BREAKING SEMINAR**

Friday Dec 2nd

**BLACK BELT CLASS**

Saturday Dec 3rd

**RANK PROMOTIONS**

Week of Dec. 12th

**BELT TESTING**

Friday Dec 16th

**PARENTS' NIGHT OUT**

Friday, Dec 16th

**TNT / LEADERSHIP CLASS**

Saturday Dec 17th

## Happy Birthday

**NOV.**

Erin Sutter  
Griffin Martinez  
Penelope Walther  
Isabel Kellerman  
Christopher Bower  
Kylie Dominguez

**Dec.**

Mrs. Wilhelm  
Zoha Khanani  
Peter Flower  
Louis Steptoe  
Marion Billalongja

## Sifu's Corner

Hey everybody

I have something really cool for you :-)

To help you stay focused and fit during the day - we've started a "secret" Facebook group just for our students and their parents!

It's full of fitness tips, training tips, mindset tips, Parenting tips and more that you can take action on right away.

Plus it'll keep you up-to-date on events and stuff like that, and it's a great channel to ask questions and give us your feedback.

No cost what-so-ever. We just thought it was a great way we could help you reach your goals even faster.

To join the Group please go to the link that is for your level.

ZMA - Kids Group - For Leopards, Tigers and Dragons.  
<https://www.facebook.com/groups/1760815570836744/>

ZMA - Adult Kung Fu Group - For adults Kung Fu classes.  
<https://www.facebook.com/groups/1804330143146033/>

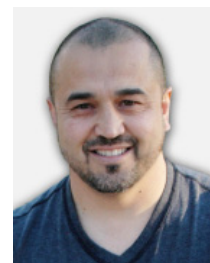
ZMA - Tai Chi Group - For Tai Chi Students.  
<https://www.facebook.com/groups/1803822679899534/>

ZMA - Black Belt Group - For adult black belt 1st degree and up.  
<https://www.facebook.com/groups/1339955012704605/>

If you need help joining the group please contact any of our instructors.

With Much Gratitude,

Sifu Zai



# Nov - Dec

	MON	TUE	WED	THU	FRI	SAT
<b>WEEK 1</b>	14 <b>Nov</b>	15	16	17	18	19
<b>WEEK 2</b>	21 Start of Belt Test Prep	22	23	24 Thanksgiving Closed	25 Thanksgiving Closed	26 Thanksgiving Closed
<b>WEEK 3</b>	28	29	30	1 <b>Dec</b>	2 <b>Board Breaking Seminar</b>	3 Black Belt Class 11:30 am
<b>WEEK 4</b>	5	6	7	8	9	10
<b>WEEK 5</b>	12 Belt and Stripe Promotion all week	13	14	15	16 <b>Belt Testing Parents Night Out</b>	17 TNT Leadership 11:30 am
<b>WEEK 1</b>	19	20	21	22	23 X-Mas Closed	24 X-Mas Closed



**PARENT'S NIGHT OUT**

**YOU DESERVE A BREAK!**

**FRIDAY, DECEMBER 16TH**  
**6:00 PM - 9:00 FREE**

Drop off the kids and their friends for Kung Fu games, dodge ball, pizza, legos, and more!

**SIGN UP AT THE FRONT DESK**



**Board Breaking Seminar**

**\$10**  
Includes 10 boards

Friday December 2nd - 5:00pm  
Open to all students