

# May 2018 Newsletter

Bible Verse: Psalm 19:1 "The Heavens declare the glory of God; The skies proclaim the work of his hands."



- A big congratulations to J.T. Lawson who tested for and earned his 1<sup>st</sup> Dan Black Belt at the Black Belt test on March 3. In the April newsletter, his name was left out in error.
- We will be closed on Memorial Day, Monday, May 28. Have a safe and fun weekend! Hopefully the weather will be warm by then!!!
- Summer uniforms go into effect on Memorial Day through Labor Day. The summer uniform consists of an SK t-shirt, uniform pants and belt. If you need a Standale Karate t-shirt, please see Miss Jan to order. T-shirts are \$13.78 for kids, \$16.96 for adults. They are available in any color. Please do not wait to order, because it may take a few weeks to get them printed and delivered.
- Black Belt/Red-stripe workout is May 31 at Standale. Be there!!!! Remember you must attend 8 of the 12 workouts through the year to be eligible for your next rank.
- Black Belt pretest is June 21<sup>st</sup> at 6:00 pm in Allendale. It is coming up quickly, make sure you are prepared. The Black Belt test is Saturday, August 25<sup>th</sup> at 9:00am in Standale.
- Single and double stick clinics are on May 4<sup>th</sup> in Standale. 5:30pm for single stick, 6:30pm for double stick.
- Reminder: shin pads are required for sparring in the adult class.
- Those who are doing multiple weapons: you should attend our weapons class at least once a month. This class is held on Wednesdays in Standale from 6:00 – 7:00pm.
- Our next weapon will be the sward. The swards are hand made and we are waiting for the price, so that we can pass it on to all interested students. We will have a sign up sheet for all interested students. When the price of the swards comes, we will pass it along to all who are interested, then the sward must be paid for in advance. Once we have the order in and get a time frame for completion we will then set a date for the clinic.
- Students: please keep equipment bags off of benches. They are needed for seating.
- All new and existing students, please remember that any/all uniforms and equipment must be purchased through SK.
- SK patches are a required part of your uniform. If you do not have one, you need to purchase one. They are \$7.42 with tax included. Kicks for Christ patches are also important to wear on your uniform, especially brown belts and up! They are \$8.48: we are part of this federation and they attend all of our Black Belt tests.
- Students please bring all equipment/weapons to every class to be prepared for anything in class. Even if it is not listed on the event calendar.
- If you are in need of prayer or private lesson, please see Grand Master Rick. If interested in having a Karate themed birthday party, please see Jan.
- Did you know that our newsletter is posted monthly on our webpage? If you don't have access to a paper copy you can visit [www.standalekarate.com](http://www.standalekarate.com) to access the current newsletter.
- GMR says: If you want to be a Black Belt, then train like one. If you want to be a Master Black Belt, then also train like one. You become what you invest in yourself.
- GMR Thought: Take one hour everyday to learn something.

## Important Dates

### May 2 & 3

Come as You Are  
Sparring & Forms

### May 4

Single Stick Clinic  
5:30-6:30 pm  
(Standale)

Double Stick Clinic  
6:30-7:30  
(Standale)

### May 7 & 8

Tee Shirt Night

### May 30 & 31

Sparring & Self-defense

### May 31

Black Belt/Red-Stripe Workout

## Upcoming Events

### June 21

Black Belt Pre-Test  
6:00pm  
Allendale

### August 25

Black Belt Test

### Standale: May 2018 Schedule

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Su
	<b>1</b> Kids: 5:30-6:30 Adults: 6:30-7:30 <b>Hamming. &amp; JT</b>	<b>2</b> <b>Come as you Are</b> Weapons Kids&Adults 6:00-7:00	<b>3</b> <b>Come as you Are Sparring/Forms</b> Kids: 5:30-6:30 Adults: 6:30-7:30 <b>Snyder &amp; Josh</b>	<b>4</b> Single Stick Clinic 5:30-6:30 Double Stick Clinic 6:30-7:30	<b>5</b>	<b>6</b>
<b>7</b> Kids & Adults 6:00 – 7:00	<b>8</b> Kids: 5:30-6:30 Adults: 6:30-7:30 <b>Kroll &amp; Noah F.</b>	<b>9</b> Weapons Kids&Adults 6:00-7:00	<b>10</b> Kids: 5:30-6:30 Adults: 6:30-7:30 <b>Rick W. &amp; Graham</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b> Kids & Adults 6:00 – 7:00	<b>15</b> Kids: 5:30-6:30 Adults: 6:30-7:30 <b>Alexis E. &amp; Gunnar N.</b>	<b>16</b> Weapons Kids&Adults 6:00-7:00	<b>17</b> Kids: 5:30-6:30 Adults: 6:30-7:30 <b>Dewitt</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b> Kids & Adults 6:00 – 7:00	<b>22</b> Kids: 5:30-6:30 Adults: 6:30-7:30 <b>Tim E. &amp; Tyler K.</b>	<b>23</b> Weapons Kids&Adults 6:00-7:00	<b>24</b> Kids: 5:30-6:30 Adults: 6:30-7:30 <b>Bobby, Johnny</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b> <b>Closed Memorial Day</b>	<b>29</b> 1 <sup>st</sup> Night for Summer Uniforms Kids: 5:30-6:30 Adults: 6:30-7:30 <b>Remo</b>	<b>30</b> Weapons Kids&Adults 6:00-7:00	<b>31</b> <b>BB Workout Sparring/Self-Defense</b> Kids: 5:30-6:30 Adults: 6:30-7:30 <b>Lucian &amp; Aaron V.</b>			

### Allendale: May 2018 Schedule

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Su
						<b>1</b>
<b>2</b> Kids: 5:30-6:30 Adults: 6:30-7:30 <b>Autumn, Ben &amp; Alexis V.</b>	<b>1</b> Kids: 6:00 – 6:45 Adult Krav Maga: 6:45-7:45	<b>2</b> <b>Come as you Are Sparring/Forms</b> Kids: 5:30-6:30 Adults: 6:30-7:30 <b>Eve</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b> <b>T-Shirt Night</b> Kids: 5:30-6:30 Adults: 6:30-7:30 <b>Bruggink</b>	<b>8</b> <b>T-Shirt Night</b> Kids: 6:00 – 6:45 Adult Krav Maga: 6:45-7:45	<b>9</b> Kids: 5:30-6:30 Adults: 6:30-7:30 <b>Bajema</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b> Kids: 5:30-6:30 Adults: 6:30-7:30 <b>Kloosterman</b>	<b>15</b> Kids: 6:00 – 6:45 Adult Krav Maga: 6:45-7:45	<b>16</b> Kids: 5:30-6:30 Adults: 6:30-7:30 <b>Alberda</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b> Kids: 5:30-6:30 Adults: 6:30-7:30 <b>Mitch</b>	<b>22</b> Kids: 6:00 – 6:45 Adult Krav Maga: 6:45-7:45	<b>23</b> Kids: 5:30-6:30 Adults: 6:30-7:30 <b>Jack &amp; Emma D.</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b> <b>Closed Memorial Day</b>	<b>29</b> 1 <sup>st</sup> Night for Summer Uniforms Kids: 6:00 – 6:45 Adult Krav Maga: 6:45-7:45	<b>30</b> <b>Sparring/Self-Defense</b> Kids: 5:30-6:30 Adults: 6:30-7:30 <b>Lachlan &amp; Livie</b>	<b>31</b>			