



March 2019 – Newsletter

Our Bible Verse of the month – Proverbs 23 vs 9-12 Apply your heart to instruction and your ears to words of knowledge.

Hang in there everyone; Spring will arrive in 20 some days. I am so ready!!!

The Black belt test that was scheduled for March 2nd has been cancelled. Only 1 student is testing, Matthew Kroll for 2nd Dan; but due to the passing of his grandmother, the test will need to be rescheduled and we are happy to support the family in this way.

T-shirt nights are March 4 & 5. You must wear a Standale Karate t-shirt or your full uniform. Come as you are nights are March 6 & 7.

Black belt/Red stripe workout March 7th @ 6:30 Standale location.

Bo Clinics, Friday, March 15th 6:00 – 7:30 & March 16th 10:00 – 11:30 in Standale. Both clinics are full. Thanks for all your support and interest. Jan will have samples to check sizing this week for Bo's.

All students should be taking advantage of our weapons class on Wednesdays in Standale. You should attend at least once a month if you are doing multiple weapons. Mondays is a great family class and open to all (do not have to be a family to attend). Tuesdays Krav Maga classes in Allendale are also available.

KFC Tournament March 22nd. KFC Conference all day March 23rd at Crusader Martial Arts. Sign-up sheets available now.

Please remember as we welcome many new students to Standale Karate this month, anything used in class, uniforms, sparing gear etc. must be purchased through SK or items will not be allowed for class use.

Grand Master Rick says: Do the ordinary things better than anyone else and you will achieve excellence.

MARCH 2019 - ALLENDALE

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1	2
3	4 T-Shirt Night Regular Class Kids: 5:30 - 6:30 Adults 6:30 - 7:30 Gun & Knife Clinic 6:00 - 7:30 Maya T, Nicholas Z	5 T-Shirt Night Regular Class Kids: 6:00 - 6:45 Krav Maga 6:45 - 7:45	6 Come as you are night Regular Class Kids: 5:30 - 6:30 Adults 6:30 - 7:30 Bajema, VanZytveld	7	8	9
10	11 Regular Class Kids: 5:30 - 6:30 Adults 6:30 - 7:30 Aiden C	12 Regular Class Kids: 6:00 - 6:45 Krav Maga 6:45 - 7:45	13 Regular Class Kids: 5:30 - 6:30 Adults 6:30 - 7:30 Jack D, Livie G	14	15	16
17	18 Regular Class Kids: 5:30 - 6:30 Adults 6:30 - 7:30 Rietberg/Visser	19 Regular Class Kids: 6:00 - 6:45 Krav Maga 6:45 - 7:45	20 Regular Class Kids: 5:30 - 6:30 Adults 6:30 - 7:30 Bosma	21	22	23
24/31	25 Regular Class Kids: 5:30 - 6:30 Adults 6:30 - 7:30 Bruggink	26 Regular Class Kids: 6:00 - 6:45 Krav Maga 6:45 - 7:45	27 Regular Class Kids: 5:30 - 6:30 Adults 6:30 - 7:30 Paiten L, Mitch D	28	29	30

MARCH 2019 - STANDALE

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1	2
3	4 T-Shirt Night Regular Class Kids & Adults 6:00 - 7:00	5 T-Shirt Night Regular Class Kids: 5:30 - 6:30 Adults: 6:30 - 7:30 Ebenhoe	6 Come as you are night Weapons Class Kids & Adults 6:00 - 7:00 Adults 6:30 - 7:30	7 Come as you are night Regular Class Kids: 5:30 - 6:30 Adults: 6:30 - 7:30 Kroll, Ethan M	8	9
10	11 Regular Class Kids & Adults 6:00 - 7:00	12 Regular Class Kids: 5:30 - 6:30 Adults: 6:30 - 7:30 Jacob & Joseph L	13 Weapons Class Kids & Adults 6:00 - 7:00	14 Regular Class Kids: 5:30 - 6:30 Adults: 6:30 - 7:30 Tyler K, Aaron C	15 Bo Clinc 6:00-7:30	16 Bo Clinc 10:00 - 11:30
17	18 Regular Class Kids & Adults 6:00 - 7:00	19 Regular Class Kids: 5:30 - 6:30 Adults: 6:30 - 7:30 Aaron V, Remo	20 Weapons Class Kids & Adults 6:00 - 7:00	21 Regular Class Kids: 5:30 - 6:30 Adults: 6:30 - 7:30 Rick W, Lucian S	22	23
21/31	25 Regular Class Kids & Adults 6:00 - 7:00	26 Regular Class Kids: 5:30 - 6:30 Adults: 6:30 - 7:30 Bobby, Johnny	27 Weapons Class Kids & Adults 6:00 - 7:00	28 Regular Class Kids: 5:30 - 6:30 Adults: 6:30 - 7:30 Josh P & Julie S	29	30