



May 2019 – Newsletter

Our Bible Verse of the month – Proverbs 30:5 – Every word of God is flawless; He is a shield to those who take refuge in Him.

Congrats to Matt Kroll for testing for and attaining his 2nd Degree Black Belt on April 12, 2019. Way to Go!!! The tested alone, which is never easy and did a great job.

Come as you are nights are May 1st & 2nd. Standale Karate t-shirt nights are May 6th & 7th.

There will be some changes on our test requirement sheets for both kids and adults for testing. They are being worked on now and will be available soon.

We are closed on Monday May 27th for the Memorial holiday. Enjoy and be safe. Our summer uniforms go into effect on May 28th. Summer uniform includes SK t-shirt, uniform pants and rank belt. Full uniforms are required for all tests even during summer months.

Green belts and above, especially kids, please take advantage of Monday classes in Standale on Mondays at 6:00. These classes are typically smaller in size and you can get focused attention on what you need to work on.

Everyone doing weapons should be attending our weapons only class in Standale 6:00pm on Wednesdays. Please try to attend at least one time a month.

Kids double stick clinic is 5:30pm at Standale on Friday, May 31st. Cost is \$20.

Remember to all students: any/all uniforms and equipment used in class must be purchased through Standale Karate or the items cannot be used in class.

All Brown belts & above are required to assist one day a month in class. Your brown/red/black belt means assistant instructor and part of your rank requirements to advance is to be an assistant instructor. There are some students who do not check the back side of our newsletter and do not show up to help. From now on we will record who assists and failure to do so will affect when you advance in rank. The newsletter is always available on our website and there are links to it on Facebook. If you do not follow Standale Karate on Facebook, please do so going forward.

Upcoming dates:

Black Belt & Red Stripe workout is May 23rd at 6:30 in Standale.

Black Belt pre-test July 25th in Allendale @ 6:00pm

Black Belt test August 24th in Standale @ 9:00am

Grand Master Rick says: Knowing Jesus is the best gift we can receive; sharing Him is the greatest gift we can give.

MAY 2019 - ALLENDALE

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

MAY 2019 - STANDALE

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 <i>T-Shirt Night</i> Weapons Class Kids & Adults 6:00 - 7:00 Adults 6:30 - 7:30	2 <i>T-Shirt Night</i> Regular Class Kids: 5:30 - 6:30 Adults: 6:30 - 7:30 Kroll, Ethan M	3	4
5	6 <i>Come as you are night</i> Regular Class Kids & Adults 6:00 - 7:00	7 <i>Come as you are night</i> Regular Class Kids: 5:30 - 6:30 Adults: 6:30 - 7:30 Jacob & Joseph L	8 Weapons Class Kids & Adults 6:00 - 7:00	9 Regular Class Kids: 5:30 - 6:30 Adults: 6:30 - 7:30 Tyler K, Aaron C	10	11
12	13 Regular Class Kids & Adults 6:00 - 7:00	14 Regular Class Kids: 5:30 - 6:30 Adults: 6:30 - 7:30 Aaron V, Remo	15 Weapons Class Kids & Adults 6:00 - 7:00	16 Regular Class Kids: 5:30 - 6:30 Adults: 6:30 - 7:30 Rick W, Lucian S	17	18
19	20 Regular Class Kids & Adults 6:00 - 7:00	21 Regular Class Kids: 5:30 - 6:30 Adults: 6:30 - 7:30 Bobby, Johnny	22 Weapons Class Kids & Adults 6:00 - 7:00	23 <i>Black Belt/Red Stripe Class @ 6:30</i> Regular Class Kids: 5:30 - 6:30 Adults: 6:30 - 7:30 Josh P & Julie S	24	25
26	27 CLOSED MEMORIAL DAY	28 Regular Class Kids: 5:30 - 6:30 Adults: 6:30 - 7:30 Emilia & Adrienne C	29 Weapons Class Kids & Adults 6:00 - 7:00	30 Regular Class Kids: 5:30 - 6:30 Adults: 6:30 - 7:30 Oliva C	31 Double Stick Clinic @ 5:30	