



September 2018 – Newsletter

Our Bible Verse of the month – Psalms 34 vs 8 – Taste and see that the Lord is good, blessed is the one who takes refuge in Him.

Congratulations to all our Black Belts that tested August 25th. Micah Bruggink for 1st Dan, Alexis & Tim Ebenhoe for 2nd Dan, Mitch DeJong for 2nd Dan and Rick Wagner for 4th Dan Master.

We are closed Monday, September 3rd for Labor Day. Have a fun and safe weekend.

Full uniforms are back starting Monday, September 17th. Make sure your uniform has a Standale Karate patch on it. If not see Jan. Patches are \$7.42

Need a t-shirt for t-shirt nights starting back up in October and for wearing under your uniform? Kids \$13.78, Adults \$16.96. See Jan to place your order.

Novic cane clinic is October 4th from 6:00 – 7:30pm at Allendale. This clinic is sold out.

Advanced cane clinic is December 6th from 6:00 – 7:30pm at Allendale. Cost is \$30. Any person who has done novice cane clinic may attend.

Hey parents...It's been a long time since we've had a parent work out night. Dates are September 10th at Allendale & September 11th @ Standale. Parents, grandparents, aunts, uncles are welcome to join the fun!!!

Time to start talking about our kids Halloween party. The date is Thursday, October 25th at Allendale. It starts at 6:00 sharp with the costume contest. No late costumes will be allowed to join the contest. Games, Prizes and full buffet. Everyone will bring a dish to pass so don't be late!!! Sign-up sheet will begin October 1st. It's the party of the year. All kids are welcome even if they are in the adult class.

No classes on Wednesday, October 31st which is Halloween night. Happy Halloween to everyone!

Events:

September 5th & 6th – Come as you are nights & Sparring nights

September 24th & 25th – Sparring nights

September 27th – Black belt & red/stripe class in Standale @ 6:30

GMR says: Happiness is doing the right thing

SEPTEMBER 2018 - ALLENDALE

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2	3 CLOSED LABOR DAY	4 Regular Class Kids: 6:00 - 6:45 Krav Maga 6:45 - 7:45	5 <i>Come as you are/sparring night</i> Regular Class Kids: 5:30 - 6:30 Adults 6:30 - 7:30 Bajema	6	7	8
9	10 Regular Class Kids: 5:30 - 6:30 Adults 6:30 - 7:30 Autumn, Alexis & Ben V	11 Regular Class Kids: 6:00 - 6:45 Krav Maga 6:45 - 7:45	12 Regular Class Kids: 5:30 - 6:30 Adults 6:30 - 7:30 Jack D/Eve M	13	14	15
16	17 Regular Class Kids: 5:30 - 6:30 Adults 6:30 - 7:30 Kloosterman	18 Regular Class Kids: 6:00 - 6:45 Krav Maga 6:45 - 7:45	19 Regular Class Kids: 5:30 - 6:30 Adults 6:30 - 7:30 Bosma	20	21	22
23	24 <i>Sparring night</i> Regular Class Kids: 5:30 - 6:30 Adults 6:30 - 7:30 Bruggink	25 Regular Class Kids: 6:00 - 6:45 Krav Maga 6:45 - 7:45	26 Regular Class Kids: 5:30 - 6:30 Adults 6:30 - 7:30 Livie G/Mitch D	27	28	29
30						

SEPTEMBER 2018 - STANDALE

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2	3 CLOSED LABOR DAY	4 Regular Class Kids: 5:30 - 6:30 Adults: 6:30 - 7:30 Ebenhoe & Gunnar N	5 <i>Come as you are night</i> Weapons Class Kids & Adults 6:00 - 7:00	6 <i>Come as you are night</i> Regular Class Kids: 5:30 - 6:30 Adults: 6:30 - 7:30 Josh P, Julie & Tyler S	7	8
9	10 Regular Class Kids & Adults 6:00 - 7:00	11 Regular Class Kids: 5:30 - 6:30 Adults: 6:30 - 7:30 Kroll, Noah F	12 Weapons Class Kids & Adults 6:00 - 7:00	13 Regular Class Kids: 5:30 - 6:30 Adults: 6:30 - 7:30 Rick W & Graham	14	15
16	17 Regular Class Kids & Adults 6:00 - 7:00	18 Regular Class Kids: 5:30 - 6:30 Adults: 6:30 - 7:30 Hamming & JT	19 Weapons Class Kids & Adults 6:00 - 7:00	20 Regular Class Kids: 5:30 - 6:30 Adults: 6:30 - 7:30 DeWitt	21	22
23	24 Regular Class Kids & Adults 6:00 - 7:00	25 <i>Sparring night</i> Regular Class Kids: 5:30 - 6:30 Adults: 6:30 - 7:30 Bobby, Johnny	26 Weapons Class Kids & Adults 6:00 - 7:00	27 <i>Black belt/Red Stripe Class</i> Regular Class Kids: 5:30 - 6:30 Adults: 6:30 - 7:30 Tyler K, Aaron V, Lucian S	28	29
30						