

December 2023



HAPPY HOLIDAYS FROM ACTION MARTIAL ARTS

The holidays are a time to celebrate the people who mean the most to us. We would like to wish to each one of you a very happy, healthy and joyous holiday season. You are such an important part of the AMA family, and we want to thank you for your continued support to Action Martial Arts, the N. W. Arts Center, your children, and your community.

With my warmest wishes,
-Instructor Dave

Happy Holidays



IMPORTANT DATES

Monday, Dec 4th - Kick-a-thon begins!
Monday, Dec 25th - Class cancelled
Wednesday, Dec 27th - 1st Stripe testing
January 1st & 2nd - Classes cancelled
Saturday, January 20th - Black belt pretest
Saturday, January 27th - 2nd Stripe testing

STAY HOME IF SICK!

Bringing a sick child into our school puts other children and our team at risk of getting sick. Please keep your child home if they are experiencing fever/chills, sore throat, cough, and/or runny nose,



GENEROSITY

Our word of the month is Generosity. Generosity does not just refer to the act of giving. That would be too easy. Generosity is when we give of things that are particularly meaningful and valuable to us. It marks when we give beyond what is required of us, without anticipating anything in return-especially when the act of living is unexpected.

Time, Talent, and Treasures

It's widely accepted that generous people give these "3 T's" to others. The 3 T's refer to:

Time: Our most precious commodity - the hours we devote to helping, giving, and sharing with others.

Talent: Our abilities and skills that can help, entertain, or make the lives of others better.

Treasure: Our money, gifts, or things that are valuable to us that can help others thrive and survive.



CONGRATULATIONS STUDENTS!

Hats off to everyone who belt tested on November 29th. You should all be very proud of your accomplishment! It is also with great pride that we acknowledge our newest AMA Bo-Dan, Madlaina. It takes perseverance and focus to achieve a goal you make for yourself. No one can take that away from you.



CURRENT CYCLE FORMS

Pal Chugi EE Jang
Pal Chugi SA Jang
Pal Chugi YUK Jang

For help with learning forms, contact Instructor Dave about a private lesson and/or check out our resources page on the Action Martial Art website.

<https://actionmartialart.com/pal-chugi-poomsae-forms>
BBC will focus on nunchucks and sparring.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
No class	Zoom 6:00pm	Somerset Elementary Program 6:30pm	In studio 4:00pm	Zoom 6:00pm	No class	In studio 10:30am