

What's Happening At Martial Arts USA?

This month's theme is focus. In class, students' focus is constantly challenged with other people around, cars driving by, their classmates, or just what is happening in their head. We remind students go through the steps, focus with your eyes, ears, mind, and body. Students can use these simple tools in anything they are doing to work on focusing.



Student of the month is Nigel W.

Nigel is a great example of perseverance and dedication. He comes to class very focused. He is very respectful to his peers and instructors. Nigel consistently comes to class with a positive and motivating mindset. Good work sir!



For testing dates, check out our website!
www.martialartsusapetaluma.com



Bring a Loved One Weekend!

February 7th & 8th during regular class time!
Share the fun with a loved one and bring them to class with you! More than one loved one can come to one class or you can come both days. Check the class schedule for your appropriate class time.
See you there!



Check out this agility challenging and obstacle course filled Parents' Night Out

Ninja Warrior Parents' Night Out!

<http://member-site.net/?EV--iJcwc>

February 21st 6-10 p.m.

We will have dinner, a movie, and lots of games!
Just grab a waiver for each buddy!
\$30/child