



Foot Notes

195 S.E. Crystal Lake Drive, Corvallis
(541) 753-6614

Web Site: www.auroramartialarts.com | LT@auroramartialarts.com

September

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Week 5 TOPIC Awareness			1	2	3	4 <i>Black Belt Prep Class</i>
5	Week 6 TOPIC Compassion	6 <i>School Closed</i> In honor of Labor Day!	7	8 <i>Evaluation Week (Colored Belts)</i> Red Tip & Black Tip		10 Belt Testing Junior & Adult Test - Friday Night at 5:30pm No Regular Classes Except Little Dragons	11
12	Week 1 TOPIC Responsibility	13	14	15	16	17 <i>Leadership Day!</i> September 17 th	18
19	Week 2 TOPIC C.A.N.I	20	21	22	23	24 <i>Jiu-Jitsu Seminar</i> 5:30pm-7:30pm	25 <i>Women's Self-Defense Clinic</i> (10am-1pm)
26	Week 3 TOPIC Consistency	27	28	29	30		

October

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Week 3 TOPIC Consistency					1	2
3	Week 4 TOPIC Student Creed	4	5	6	7	8	9
10	Week 5 TOPIC Intensity	11	12	13	14	15	16
17	Week 6 TOPIC Courage	18	19 <i>Evaluation Week (Colored Belts)</i> Red Tip & Black Tip		21	22 Belt Testing Junior / Adult Test 5:30pm Friday Night No Regular Classes Friday Except Little Dragons	23 <i>Children's Safety Clinic</i>
24	Week 1 TOPIC Indomitable Spirit	25	26	27	28	29	30 <i>Halloween Open House</i> (4pm-6:30pm)



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Labor Day: Our school will be closed Saturday, September 4th - Monday, September 6th in honor of Labor Day.

Advanced Testing: In September we began the advanced testing schedule. This starts with an evaluation of those students who are eligible for Brown and Black Belt Promotion and will culminate with the Advanced Belt Tests the weekend of November 12th. The following schedule includes items and actions that must be completed in order to test:

Test Application Due	September 11 th (Black Candidates) & September 11 th (All Brown Candidates)
Technique Evaluation	September 18 th
Red Tip Testing	Begins October 23 rd
Testing & Seminar	November 12 nd & 3 rd (Attendance at the Seminars is required for those testing.)

We are aware that advanced testing impacts our training schedule and the time and training requirements of our students, however, this can not be avoided. Promotion to the Brown and Black Belt ranks is a significant achievement and honor. This requires that the Instructors insure all candidates are qualified, capable and prepared for testing. Please contact Mr. D with any questions or concerns.

Leadership Day: Leadership Day is scheduled for Saturday, September 17th. Leadership Day gives you the opportunity to develop your communication and leadership skills. Both junior and adult students may participate. Bring in a friend that is interested or you think would benefit from Martial Arts training. During this class you will help lead them through some basics, an Instructor will be there to help every step of the way! Sharing your talents and hobbies with others is a great way to build your confidence and enthusiasm. Pick up an invitation at the front desk. Those who participate will receive a Red Star!

Jiu-Jitsu Seminar: Friday, September 24th from 5:30pm to 7:30pm. We are honored to host Mr. Mike Dewitt Jr. a 10th Planet Jiu-Jitsu, 2nd Degree Black Belt. This seminar is open to all student, family, and friends age 14 and older. The investment for this seminar is \$30, If you would like to save some money and share your interest, bring a friend and the investment will be \$10 each! Register at the front desk!

Women's Self Defense Clinic: Saturday, September 25th we will be holding a women's self defense clinic here at Aurora. This course is about personal safety covering awareness, avoidance, safety techniques, and basic self-defense. If you are interested in this clinic please sign up through Corvallis Parks & Rec.

Children's Safety Clinic: Saturday, October 23rd we will be holding a children's safety clinic here at Aurora. This course includes awareness, conflict avoidance skills, and age appropriate self defense. If you are interested in this clinic sign up through Corvallis Parks & Rec.

Halloween Open House: On Saturday, October 30th we will host our first Halloween Open House! This open house is open to students, family, and friends! There will be a silent auction, costume contest, bake sale, trunk or treat, classes, demos, and booths for fun and games. If you have any ideas or would like to volunteer for the trunk or treat contact Mrs. Jamie.

Up Coming Events

Holiday Retail Sale: Holiday Sale Week Monday, November 2nd - Friday, November 6th, Aurora will have our annual holiday sale. All Pro Shop items purchased will receive 15% off. This applies to items in stock and special orders.

School Pictures: It is almost time for student pictures. A Professional Photographer will be here in November! Look for details soon.

Seminars with Senior Master of the Arts, Mr. John Sepulveda: Over the weekend of November 2nd & 3rd, Mr. Sepulveda will be here for Brown and Black Belt Testing. He will also be teaching Seminars for all students. Senior Master John Sepulveda currently holds a 10th Degree Black Belt and has over 55 years of training and teaching experience in American Kenpo. Mr. Sepulveda is Mr. Donadio's instructor and was one of the very few who was a direct student of Senior Grandmaster Edmund K. Parker. Mr. Sepulveda is the President and Founder of the Advanced Kenpo Training System (AKTS). He has been recognized worldwide for his committed efforts in promoting and teaching American Kenpo. His knowledge of Kenpo and his ability to share that knowledge is incredible. See you there!



PRINCIPLES OF BLACK BELT

- ☉ HONOR - INTEGRITY - RESPECT - COMPASSION
- ☉ SELF CONTROL - DEDICATION - COURAGE - INDOMITABLE SPIRIT

