



*Lead By Example,  
Follow By Choice!*

# Foot Notes

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <b>Week 1</b> TOPIC Goal Setting	2	3	4	5	6	7
8 <b>Week 2</b> TOPIC Perseverance	9	10	11 <i>Welcome Back!</i>	12	13	14 <b>CADRE Training</b> 9:00am-1:00pm
15 <b>Week 3</b> TOPIC Flexibility	16	17	18	19	20	21 <b>January's Saturday Classes</b> Prep Class - 7:30am to 9:00am Black Belt Class - 9:15am to 10:15am STORM Training - 10:30am to 11:30am
22 <b>Week 4</b> TOPIC Black Belt Excellence	23	24	25	26	27	28
29 <b>Week 5</b> TOPIC Self-Control	30	31	Happy New Year!			

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Week 5</b> TOPIC Self-Control			1	2	3	4
5 <b>Week 6</b> TOPIC By Example	6	7	8 <b>Black Tip Testing</b> <b>Red Tip Testing</b>	9	10 <b>Belt Testing</b> Junior / Adult Test 5:30p Friday Night No Regular Classes Friday Except Little Dragons	11 <b>February's Saturday Classes</b> Prep Class - 7:30am to 9:00am Family Intros: Ages 5-11 - 10am to 10:45am Ages 12 & up - 11:00am to 11:45am
12 <b>Week 1</b> TOPIC Team Work	13	14	15	16	17 <b>Women's Sparring Clinic!</b> 5:30pm-6:45pm	18 <b>Technique Evaluation</b> Starting at 9:15am
19 <b>Week 2</b> TOPIC Awareness	20	21	22	23	24	25
26 <b>Week 3</b> TOPIC Compassion	27	28				



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**Happy New Year!!!** I hope that everyone had a very safe and happy holiday. The Donadio family had a wonderful Christmas and a relaxing New Year. We are now recharged and ready to train! It will be great to see all of the Students back on the training floor. Classes resume on Monday, January 3<sup>rd</sup>. We look forward to a great year of energy and training. See you on soon!

**Fitness:** Making the decision to be fit is more than just waking up one morning and going for a run. Fitness starts with a plan that you believe you can follow. Your fitness plan should include well balanced nutritional meals, plenty of water, physical exercise, mental exercise and appropriate rest. Put a basic plan together and then take action. Do not tell yourself that you will start a class or activity "when I get in better shape". Start the activity at an appropriate intensity level and then add time and increase intensity as your fitness improves. If you are not sure what the best first step is then you should talk to a personal trainer, your local karate Instructor, or friend who is involved in the activity that you are interested in. It is also a good idea to talk to your doctor about your health and fitness concerns. Remember, tomorrow never arrives. You must take action today!

**Advanced Testing:** On January 21<sup>st</sup> we will begin the advanced testing schedule. This will start with a series of events including, prep class and evaluation of those students who are eligible for Brown and Black Belt Promotion and culminate with the Advanced Belt Test, April 28<sup>th</sup>. The following schedule includes items and actions that must be completed in order to test:

Belt test application due	January 27 <sup>th</sup> (Brown & Black Belt Candidates)
Technique evaluation held	February 18 <sup>th</sup>
Red tip testing & Body work	Begins April 15 <sup>th</sup>
Testing & Seminar	April 28 <sup>th</sup> & 29 <sup>th</sup> (Attendance at the Seminars is required for those testing.)

**Black Belt Prep Class:** This class is offered as an addition to regular classes to assist those students who are preparing for their Black Belt Test. All First Brown and Black Belts are eligible to attend. Black Belts who are not preparing for a test should attend to assistance and demonstrate leadership to those who are preparing. Prep class will begin Saturday, January 21<sup>st</sup> at 7:30am. Mr. D will be speaking to those who are eligible for these classes.

**Women's Sparring Clinic:** On Friday, February 17<sup>th</sup> there will be a Women's Sparring clinic. The Clinic is designed to develop fundamental skills and build confidence with a positive peer group. These skills should transfer well to the regular sparring program. This is a great opportunity! Open to Teen & Adult Women, Adult Yellow Belt and above.

**Family Month:** February will be Family Month. This means that family members who have been watching from the sidelines can give training a try for free. All family members that would like to give karate a try, should schedule to attend our Family Intro Class on Saturday, February 11<sup>th</sup>. After the intro class you can train for the entire series (6 Weeks) for FREE! When you decide to continue your training you will receive \$25 off your uniform and \$40 off enrollment.

**I.T.** Instructor Training will take place January 14<sup>th</sup> from 9:00am until 1:00pm. This Training is open to all student adult Green and above, and all black belts.

**STORM Training:** STORM = Special Team of Roll Models. Storm Team training will be on Saturday, January 21<sup>st</sup> from 10:30am until 11:30am. The STORM Team is open to students Purple belt and above. If you are interested in being an example setter and roll model in class please contact an instructor. This class is required for all current STORM Members and any student who wishes to help in classes.

**The Care and Use of a Karate School:** When students are in class I see great effort and focus. This reminder is for when you may not be in class (students, siblings & parents). Please be respectful to those who are in class. The training floor is for students who would like to practice and train. Use of the practice areas are for those in uniform, training in an appropriate way. Horse play is not appropriate in the entry, seating area or on the training floor.

**Please supervise your children when they are not training and have them sit down when they are eating.**

Please take a moment to look around and pick up after yourself. If it belongs to you it is your responsibility.

**THIS IS OUR SCHOOL, LETS MAKE SURE WE ARE ACTING RESPONSIBLY!**



## PRINCIPLES OF BLACK BELT

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

