



Foot Notes

195 SE Crystal Lake Drive, Corvallis
(541) 753-6614

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

MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 3 TOPIC Compassion	Lead By Example, Follow By Choice!		1	2	3	4
5 Week 4 TOPIC Responsibility	6	7	8	9	10	11
12 Week 5 TOPIC C.A.N.I.	13	14	15	16	17	18
19 Week 6 TOPIC Consistency	20	21	22	23	24	25
	Red Tip Testing		Black Tip Testing		Colored Belt Testing Junior / Adult Test 5:30pm Friday Night No Regular Classes Friday Except Little Dragons	<div style="border: 1px solid red; padding: 2px;">Prep Class</div> <div style="border: 1px solid orange; padding: 2px;">CADRE Training</div> <div style="border: 1px solid green; padding: 2px;">S.T.O.R.M Training</div>
26 Week 0 TOPIC Student Creed	27	28	29	30	31	1
	Open During Spring Break!				School Closed	

APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 Week 1 TOPIC Intensity	3	4	5	6	7	8
	Advanced Belt Red Tip Testing - Stage 1				School Closed Good Friday & Easter	
9 Week 2 TOPIC Courage	10	11	12	13	14	15
					Adv. Red Tip Testing Stage 2 During your Regular Class	Adv. Red Tip Testing Final Stage: Adults: 7:30am - 1:30pm Juniors: 10:00am - 12:00pm
16 Week 3 TOPIC Indomitable Spirit	17	18	19	20	21	22
					Women's Self-Defense Clinic	
23 Week 4 TOPIC Self-Discipline	24	25	26	27	28	29
					Brown & Black Belt Testing/Seminars with Mr. Sepulveda	
30 Week 5 TOPIC Honor						



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Advanced Testing: On January 21st we will begin the advanced testing schedule. This will start with an evaluation of those students who are eligible for Brown and Black Belt Promotion and culminate with the Advanced Belt Test, April 28th & 29th. The following schedule includes items and actions that must be completed in order to test:

Belt test application due	January 27 th (Brown & Black Belt Candidates)
Technique evaluation held	Saturday, February 18 th
Red tip testing & Body work	Begins April 10 th
Testing & Seminar	April 28 th & 29 th (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 Brown and Black Belt ranks is a significant achievement and honor. This requires that the Instructors ensure all candidates are qualified, capable and prepared for testing. Please contact Mr. D with any questions or concerns.

CADRE/STORM: CADRE Training will take place March 25th from 9:15am to 10:45am. If you are an Instructor or interested in helping in classes, this session is important to attend. All Jr. Black Belts, and Adult Adv. Green Belts and Up are welcome to attend. STORM Training will take place March 25th from 11:00am to Noon. This is a hour class for Jr. Blue Belts & above wanting to help in classes.

Spring Break: Spring Break is March 27th through March 30th. The academy will be open and classes will run on the regular schedule. If you are going on vacation, be safe and have a great time. Remember to practice on your trip and if you take a picture doing karate while on vacation we will add it to the info display! If you aren't leaving town, don't worry we are going to have lots of "FUN" here!!!

School Closed: Due to instructor Training we will be closed Friday, March 31st through Sunday, April 2nd. We will be closed on Friday, April 7th through Sunday April 9th for Good Friday and Easter. Please have a blessed weekend with your wonderful families.

Women's Self Defense Clinic: Saturday, April 22nd 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.

Mr. Sepulveda Seminar: This event will happen during the weekend of April 28th & 29th. The Junior Seminar will be from 9:00am to 10:00am on Saturday May 29th. The Teen /Adult Seminar will be on Saturday, May 29th at 10:30am. Master John Sepulveda holds a 10th Degree Black Belt and has over 50 years 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 American Kenpo Training System (AKTS). He has been recognized worldwide for his committed efforts in promoting and teaching American Kenpo. This has included receiving many awards, including the California Karate League's "Official of the Year" Award and the Associated Teachers Association of Martial Artists (ATAMA) "Hall of Fame" Award. His knowledge of Kenpo and his ability to share that knowledge are incredible. Don't Miss This Opportunity!

Social Media: Remember that Aurora Martial Arts has Facebook & Instagram! We update our page weekly with any upcoming Events, Pictures, Kenpo Trivia and questions. Make sure to like and follow our page, and feel free to leave a review!

The Care and Use of Our Karate School: When students are in class we 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.

UPCOMING EVENTS:

White Belt Summer Camp: July 10th – July 13th (Half Day)

Spirit Camp: July 14th – July 16th

Yellow, Orange, Purple, & Blue Belt Summer Camp: July 24th – July 28th (Half Day)

Green Belt & Above Summer Camp: August 7th – August 11th



PRINCIPLES OF BLACK BELT

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

