

# ESK Schedule 265-1555 November 1, 2006 \* New Parent Classes 45

<b>Pee Wee 3-4yrs</b>	
All Ranks	
Monday	
Tuesday	1pm, 5pm
Wednesday	1pm
Thursday	1p & 5p
Saturday	10:15pm

<b>Dragon 5-6yrs</b>		
	No Belt/White	Yellow & Up
Monday	5pm	6pm
Tuesday	5pm	6pm
Wednesday	5pm	6pm
Thursday	5pm	6pm
Saturday	9:30am	8:45am

<b>Tiger 7-8yrs</b>		
	No Belt/White	Yellow & Up
Monday	5pm	6pm
Tuesday	5pm	6pm
Wednesday	5pm	6pm
Thursday	5pm	6pm
Saturday	9:30am	8:45am

<b>Juniors 9-12</b>			
	No Belt/White	Yellow & Up	Purple & up
Monday	5pm	6pm	6:45pm
Tuesday	5pm	6pm	6:45pm
Wednesday	5pm	6pm	6:45pm
Thursday	5pm	6pm	6:45pm
Saturday	8:45am (9 up)	8:45am (9 up)	8:45am (9 up)

<b>Adults &amp; Teens 13 &amp; up</b>			
	No Belt/White	Yellow & Up	Purple & up
Monday	7:30pm	7:30pm	8:30pm
Tuesday	7:30pm	7:30pm	8:30pm
Wednesday	7:30pm	7:30pm	8:30pm
Saturday	8:45am	8:45pm	8:45am

**\*Parent Class: No Belts: 6pm Tues & Thursday**

<b>Black Belt Club and Future Black Belts</b>		
Saturday	9:30am	Kata
Saturday	10:15am	Weapons
Saturday	11:00am	Sparring

<b>Leadership, Instructor, Assistant Instructor, Sempai, Kohai</b>	
Friday	7-8:30pm (1st & 3rd Friday)
Thursday	7:30pm (Mandatory)

<b>Buddy Days</b>
To Be Announced

**Rocum Sockum - Theme Activity for All Students**  
Friday 6-7pm To Be Announced

**Parents Night Out (Theme Activity for All Students)**  
Friday 7-10pm To Be Announced

<b>Teams</b>		<b>Grad-Perform</b>	
Monday	6:45pm Red Storm	Allison/Callan	Mon 7:30
Tuesday	6:45pm White Tornado	Troy/Helen/Alex	Mon 6:00
Wednesday	6:45pm Black Lightning	Joe/Callan	Mon 6:00
Thursday	6:45pm Blue Thunder	Ralph/Allison	Mon 7:30
Friday	7-8:30p Team Satori	Joyce/Troy	Mon 6:00
Friday	6-7pm XMA Sempai's	Joyce/Troy	Mon 7:30
	(1st & 3rd Fri)	Adult's	
	(2nd & 4th Fri)		

**Basic Training**  
Sunday 11-2pm  
Sensei's Ralph and John Need 5 of 6  
Sept 17,  
**Oct 15, Mandatory**  
Oct 29, Nov 12,  
Dec 10, Jan 14

**Graduations**  
4pm Pee Wee,  
5pm Dragons,  
6pm Tigers  
7:30pm Jrs & Adults  
Last Monday of Month  
**NO CLASSES BRING YOUR WEAPONS AND SPARRING GEAR**

**Weapons:** Aug/Sept: Nunchaku Oct/Nov Bo Dec/Jan Tonfa

### Buddy Pass

Please put this in the Mail Box to reserve their spot.

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I am bringing my friends to buddy day this Month.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_ Town \_\_\_\_\_

Phone Number \_\_\_\_\_ Age \_\_\_\_ D.O. B. \_\_/\_\_/\_\_

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First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_ Town \_\_\_\_\_

Phone Number \_\_\_\_\_ Age \_\_\_\_ D.O. B. \_\_/\_\_/\_\_

### Special Event Pass

I wish to attend the event on \_\_/\_\_/\_\_

From (Time) \_\_\_\_\_ to \_\_\_\_\_

My name is \_\_\_\_\_

I am prepared and will bring \_\_\_\_\_

My Buddy or family member is:

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_ Town \_\_\_\_\_

Phone Number \_\_\_\_\_ Age \_\_\_\_ D.O. B. \_\_/\_\_/\_\_

Cost \$ \_\_\_\_\_ Call 265-1555 with questions.

# Calendar November 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>Light Blue</i> █	<p><b>Win an 8 foot Holiday Stocking</b></p> <p>Get 1 raffle ticket for each Buddy you bring to Thursday 11/16, 11/30 12/7 ALL STAR BUDDY</p>	1	2 <i>Instructor Class</i> 7:30pm-8:30pm	3 <i>XMA 6-7p</i> <i>Leadership 7- 8:30p</i>	4 <i>B-Day Party</i> 12:30p 3:00pm
5 <i>Tournament</i>	6 <i>Light Green</i> █		8 <i>No Class at: 1p</i>	9 <i>No Class at 1p</i> <i>Instructors</i> 7:30pm-8:30pm	10 <i>No activity Instructors</i> <i>at EFC Convention</i>	11 <i>Classes as usual</i>
12 <i>Basic Training</i> 11-2:00pm	13 <i>Light Purple</i> █		<p>Nov 5th Tournament Winners Kyra Illuzzi 2nd Kata, 2nd Sparring, 1st Musical Kata Joe Nat 1st Sparring, 2nd Weapons Allison Ratis 2nd Kata, 1st Sparring, 1st Weapons, 1st Musical Kata Alex Natt 3rd Weapons Austin Dalli 3rd in Sparring Helen Turner 3rd in Kata Elizabeth Awad Winner in Basics Trevor Gross 4th in Kata, 4th in Sparring, 3rd in Weapons</p>	16 <i>Instructor Class</i> 7:30pm-8:30pm <i>All Star Buddy Day</i>	17 <i>XMA 6-7p</i> <i>Leadership 7- 8:30p</i> <i>Team Satori</i> 8- 9:30pm	18 <i>Kiai Class—</i> <i>Secretes from the</i> <i>EFC convention</i> 12-1pm
21	20 <i>Red</i> █			23 <i>CLOSED</i>	24 15% <i>OFF</i> <i>Holiday Sale 12-4pm</i> <i>Team Satori 7-</i>	25
26	27 <i>Graduation</i> <i>No Classes</i> <i>Purple</i> █			30 <i>Instructor Class</i> 7:30pm-8:30pm <i>All Star Buddy Day</i>	1 <i>XMA 6-7p</i> <i>Leadership 7- 8:30p</i>	2

**Tournament Winners**

**November 2006**  
 November 4 B-Day 12:30p  
 November 18th - Special Convention Seminar  
 All ages  
 1 Hour = Two Class Credits 12-1pm  
 November 23 Thanksgiving CLOSED.  
 Reopen Friday Special Pre-Holiday 12-4p Sale  
 Open Saturday for regular classes

**ALL STAR BUDDY DAYS THURSDAYS**

Get 1 raffle ticket for each Buddy you bring

NOV 16 "SENSEI FOR A DAY" "Teach your Buddy Karate"

NOV 30 "TRIATHALON OF MARTIAL ARTS" Every deck is different

DEC 7 "TEAM WORK TRICKS" Team up to Train

**Adults Cardio Buddy Kick Boxing 7:30pm**