



August 2010

Word of the Month: *Respect*

Westside Location
465 East Blackstock Rd
864-576-8273
www.smakarate.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 <div style="border: 1px solid black; padding: 5px; margin-top: 10px;">Ground Defense N-Defending with feet/pulling guard I- Intermediate guard defenses A- Kimora arnbar & Americana arnbar</div>	3	4 <div style="border: 1px solid black; padding: 5px; margin-top: 10px;">Punching Drills N- Plucking choke defenses I- Rotational choke defenses A- Front guillotine choke escape</div>	5	6 Sword 4:00pm Bo Staff 4:30pm Sparring 5:15pm XMA 6:00pm	7 Kickboxing 9:30am
9 <div style="border: 1px solid black; padding: 5px; margin-top: 10px;">Blocks and Counters N- Front shirt grab defenses I- Rear forearm choke defense A- Hair grab defense</div>	10	11 <div style="border: 1px solid black; padding: 5px; margin-top: 10px;">Kicking Drills N-Shoulder or arm grab defense I- Side headlock choke defense A-Rear hammerlock defense</div>	12	13 Sword 4:00pm Bo Staff 4:30pm Sparring 5:15pm XMA 6:00pm	14 Kickboxing 9:30am
16 <div style="border: 1px solid black; padding: 5px; margin-top: 10px;">Self Defense Strikes N- Wrist grab defenses I- Rear bearhug defenses A- Full Nelson escape</div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;">Back to Public School!</div>	17	18 <div style="border: 1px solid black; padding: 5px; margin-top: 10px;">Sparring Bring your pads if you have them!</div>	19	20 Sword 4:00pm Bo Staff 4:30pm Sparring 5:15pm XMA 6:00pm *Fun Night* 6:30pm until 10:30pm Back to School!	21 Kickboxing 9:30am
23 <div style="border: 1px solid black; padding: 5px; margin-top: 10px;">Ground Defense N - Sprawling & mount escapes I- Escape attacker on your back A-Side choke defense on ground</div>	24	25 <div style="border: 1px solid black; padding: 5px; margin-top: 10px;">Stripe Test! Wear your full uniform and belt! <i>Please review your belt curriculum sheets and come prepared for stripe testing. It is very obvious to the coaches when you are not prepared.</i></div>	26	27 Sword 4:00pm Bo Staff 4:30pm Sparring 5:15pm XMA 6:00pm	28 Kickboxing 9:30am
30 <div style="border: 1px solid black; padding: 5px; margin-top: 10px;">Belt Promotions Self Defense Review Bring a Buddy for Free! (Parents and siblings welcome)</div>	31	<div style="border: 1px solid black; padding: 10px; margin-top: 10px;">The next Black Belt Test will be held on October 30th. If you are planning to take the test you must contact Coach Rick by September 30. You must practice daily in order to confidently show your skill level. If you need private instruction, please start now so that you have time to improve before the test. Good Luck-Train Hard!</div>			

Parents: We have tightened up a little bit on technique requirements for the lower belts in order to help get rid of bad habits, early on. The coaches need your help by encouraging students to practice on the corrections given in class. If your child is given an extra black stripe or not given a stripe at all, there is obviously something that we need to see improvement on. It does not mean the student is a failure. A little extra practice will correct most technique problems. Please trust the coaches to make the decisions about rank. We don't mind questions about how to correct technique, but we do find it insulting when people question our judgment. Remember you hired us to make the decisions about your child's martial arts training.