

# Coquille Kicks

Newsletter of Coquille Martial Arts

December 2007

## Happy Holidays

Coquille Christmas is Friday December 14<sup>th</sup>. We will have an open house with Hot Cider to welcome the town to our dojo. Anyone who wishes to bring holiday cookies is welcome to do so.

Our New Years celebration will take place after our January 12<sup>th</sup> board breaking class. Mr DeArmond will be joining us for a potluck party, belt rank ceremony and general afternoon of fun.

### January Seminars

January 19<sup>th</sup> Sword seminar

January 20<sup>th</sup> Jo seminar(short staff)

January 26<sup>th</sup> Naginata(bladed polearm)

January 27<sup>th</sup> Tameshigiri(cutting with live blade)

Sambo(Russian grappling) and Systema(Russian open hand combat) - 7 pm after regular TKD adult classes in Coquille

Tai Chi - Advanced students only very informal

The above seminars are limited to those aged 14 and up. Members of the kihon (sword basics) class who are younger may also attend. The classes will be moderately strenuous and require the safe use of a weapon and strict attention to instructions. Required will be bokken(all classes except tameshigiri, sambo and systema), wakizashi, jo, and naginata bokken(make your own from a bo in about 2 hours work, or order online for minimum of 90.00). The sambo class requires a heavy or medium-heavy gi top, or judo gi top, and knee pads are highly recommended. The total cost of weapons for these seminars is under 80.00 and would make great Christmas presents for yourself or your student. We will help you with making your naginata bokken. It is not that difficult.

Please order your weapons early. If you have budget considerations due to the timing and Christmas, see Mrs Saxton about delayed payment for the seminar fees. These classes will greatly enhance your knowledge of weapons, as well as open handed sparring technique and are highly recommended for advanced students. For more information see our web-site(including student files), brochure, and winter calender newsletter.

### December Black Belt Club

We will be having our annual bowling party at Coquille Lanes on December 15<sup>th</sup>, at 2 pm. Members of Black Belt club bowl pay 2.00 each for bowling, and everyone else will be charged 5.00 each. Family and friends are all welcome. This is a great way to relax and enjoy a sport other than TKD. Please make your reservations and make checks to Coquille TKD.

### December Testing

Will take place December 17<sup>th</sup>-21<sup>st</sup>. Those who plan on testing need to pay their testing fee by December 10<sup>th</sup> and have their tuition paid current. Students who are testing must wear their full uniform including patch. Scheduled for testing are Maggie, Sam, Jonah, Christian

### Zazzle.com

Check the front page(scroll down to the bottom) of our web page for a complete line of t-shirts, mugs, bumper stickers and more for our students, their parents and grandparents. We will take suggestions for designs and sayings.

### Century Martial Arts

Shipping is usually 5-7 days from date of order. During December and January shipments may be delayed due to the Christmas season and weather. Please allow enough for your Christmas and Seminar supply orders

### Cooler Weather

Remember during the winter season to drink enough water, and to have warm clothing to change into after your classes. Even though it is tempting to "cool off" by walking in the cold, it is better to cool slowly and dress for warmth.

### Christmas schedule

We will be closed December 24<sup>th</sup> and 25<sup>th</sup> and again December 31<sup>st</sup> and January 1<sup>st</sup> for the holidays. We will be open our regular hours all the other days, including Saturday. Feel free to make extra classes during that time if you wish to, ie, all children are welcome to come to classes Wednesday, and Thursday during those two weeks.