

Coquille Kicks

Newsletter of Coquille Martial Arts

January 2007

Schedule Changes

We will be shuffling schedules at both the Coquille and Bandon Schools. For the most part, this will not affect the regular TKD classes, but will add to the Tai Chi classes, move the tots class to afternoon, and rework the Shin Ken Ryu schedule. New schedules are attached.

The primary changes for Coquille are: Tots will be moved to 3 pm Tuesday and Friday, Shin Ken Ryu will no longer be taught on Saturdays, and extra classes of Tai Chi will be added to Tuesday and Friday morning in place of the current fitness class.

In Bandon, the kids classes will be combined and will start at 4 pm, kids' weapons from 5:00 to 5:30, plus, we plan to add a couple classes in the 5:30 to 6:00 pm slot, and 6:00 - 7:00 TKD adults.

The new schedule starts Monday, **January 29th** for both locations.

Black Belt Club

January Black Belt club will be our annual bowling Party on January 13th from 4pm to 6pm. Black Belt Club members are free, friends, family and non black belt club members are welcome to join us and bowl for 5.00 a person. Please also plan to bring money for snacks. To allow us to reserve enough lanes, please let us know ahead of time, how many will be attending.

January 13th - No Saturday Class

No class on January 13th, so we can attend the wedding of Sensei Kim Henderson from

Henderson's Shorin Ryu of Coos Bay in the morning.

January Testing

January testing will take place from January 22nd to the 26th. Remember to pay testing fees by January 10th, have a patch on your uniform and be fully paid in your tuition before testing. You must also have a enough sparring hours in order to successfully test. Testers include Jeremy, Tyler, Shandley, Mariah and Lillian from Coquille.

Tameshigiri

Cutting with a live blade will take place on January 20th and 27th (tentatively), starting at 1pm. All members of the Shin Ken Ryu class are invited to attend. The targets are half mat rolls and your first mat is free and all equipment will be provided. Additional mats will be charged at the manufacturer's cost. Classes may run later than normal, all depending on the students attending.

Board Break Class

Our second board breaking class will take place during our regular class from 11:30 to 12:30 on January 20th. Boards will be available for 2.95 each(catalog price) or 3/8.00. This is your chance to practice your break kick, or to simply have fun breaking boards using(almost) any technique you want.