

## **Clear Creek ~ Gilpin academy of martial arts Newsletter for Summer 2018:**

No classes the following dates:

7 Healing Stars: Monday July 30<sup>th</sup>, August 6<sup>th</sup>, Wednesday, August 1<sup>st</sup>.

Evolution Martial Arts: July 28<sup>th</sup>, August 4<sup>th</sup>, and 18<sup>th</sup> (due to the fair demonstrations).

Don't forget: July 14<sup>th</sup>, 2pm, GCCC, Weapons class. You will have to pay to get into the rec center, not for a class, just the regular drop in fee to swim, or work out. We will be working on tonfa and cane forms.

Please be thinking of songs you would like included in our demo at the Gilpin County Fair.

We will be practicing the demonstration for the fair during the following classes:

GCCC: August 7<sup>th</sup>, 9<sup>th</sup>, 14<sup>th</sup>, 16<sup>th</sup>.

7 Healing Stars: August 8<sup>th</sup>, 15<sup>th</sup>.

CCMRD: August 7<sup>th</sup>, 9<sup>th</sup>, no classes on the week of the 14<sup>th</sup>, we will be practicing at GCCC.

Evolution Martial Arts: August 11<sup>th</sup>: I know that most of the students at this location will not be attending the demo, but this class will be exciting. I encourage everyone to attend. I may be able to get a few of the mountain students to come down. I would absolutely love to see students from Evolution show up for the demonstration at the Gilpin County Fair, it is a very fun time and you will learn many new things.

Lakewood and Green Mountain students: Please let Mrs. Rich know if you would like to participate in the demos. I would love to see more students from the metro area coming up to join us. Keep in mind you must attend the last 2 practices at GCCC and we need to know ahead of time if you are going to participate so that we can add you into the things you want to do, so it is very important that you let Mrs. Rich know what you would like to perform and if you can attend both of the demos or just one. I promise that you will get a chance to break boards, do your forms, self-defense and anything else that you want to do.

August 14<sup>th</sup> and 16<sup>th</sup>, 6pm -7:30pm. If you would like to participate in the demos it is required that you make the last 2 classes at Gilpin County Community Center, 250 Norton Drive, Black Hawk, CO 80422. 303-582-1453. You will not be charged for the classes, if you are coming from another school.

August 18<sup>th</sup> and 19<sup>th</sup>: Gilpin county fair. Demo: 10am, August 18<sup>th</sup>, Saturday. 11am, Sunday. Be there an hour early to help set up and if we have time we can go through it one last time.

August 21-23 – Mock test, during regular class. Please be prepared to show us everything you have learned up to this point.

September 4<sup>th</sup> - 5<sup>th</sup>: Breaking class, during regular class. Testing fee is due at this point, check made out to Imogene Rich or cash. Testing is \$25.00 and if paid after June 6<sup>th</sup> it is \$30.00 and must be in cash.

September 8th, 2018, noon, testing at the Lakewood Link Community Center. Be there at 11:30 in order to stretch and run through your things once.

**<http://imyfit.gilpincounty.net/>**

Mountain Academy of Martial Arts website:<http://mountainacademymartialarts.com/>

Mrs. Rich: 303-582-5427 ([imyrrich@yahoo.com](mailto:imyrrich@yahoo.com)) Mr. Beasley: 303-582-1201 ([jim.beasley@ionsky.com](mailto:jim.beasley@ionsky.com))

Clear Creek Recreation Center: 303-567-4822. Gilpin County Community Center: 303-582-1453. Lakewood Link Recreation Center: 303-987-5400. Evolution Martial Arts Studios, <http://evo-martialarts.com/>, 7456 W 5th Ave, Lakewood, CO 80226, Dom Blum: Telephone: (720) 940-5883, [dblum@evo-martialarts.com](mailto:dblum@evo-martialarts.com). Please feel free to contact any one of us at any time, or give our #'s out to your friends who have questions. For Mrs. Rich's Black Hawk classes: <https://www.7healingstars.org/>.