

Clear Creek ~ Gilpin academy of martial arts Newsletter for Oct/Nov/Dec 2018:

November 22nd and 23rd: all classes canceled for Thanksgiving holiday.

November 24th: Kali class at Evolution Martial Arts. Dom Blum is teaching a fun class with escrimas and maybe even knives. Everyone is invited. Free. This class is for all ranks 6 years old and up. It will start right after the regular class ends at about 10:30am. I encourage everyone to attend. This class counts toward your requirements for black belt.

December 4,5, and 6th: Practice for the demonstration.

December 4th and 5th: during regular class. Breaking class. We will be using rebreakable boards, unless regular wood is available. Testing is \$25.00, this fee must be paid during breaking class.

December 8th at 4pm: Demonstration at the Holiday fair at the Gilpin County Community Center. Be there early to help Mrs. Rich set up. You must have a full uniform, no exceptions.

December 8th: Testing at Lakewood Link recreation center. Starts at noon, be there at 11:30 to warm up and get changed. If the testing fee was not paid during breaking class then it must be paid at this time, \$30.00 in cash only. Please keep in mind I have to pay for the belts and certificates. Our testing fee is less than the other schools in our association, let's keep it that way.

December 15th: 3pm Demonstration at the Holistic Health Fair. Be there early to help Mrs Rich. You must have a full uniform, no exceptions.

December 24th – January 4th: No TKD classes and no mat Pilates classes at any of our locations. Enjoy the holidays.

In order to test for Black Belt You must attend 4 advanced classes. These can be the ones offered at the Lakewood Link, Green Mountain Rec center, and/or the weapons classes that we offer at Gilpin. We also require that after you receive your red belt you must attend every testing in order to help the black belts. Please let us know if either one of these things cannot be done.

Please be on the lookout for the winter festival and the Holistic Homestead fair, we will try to set up a demonstration at both of these events, which should take place in late November or December. Gilpin County Community Center.

<http://imyfit.gilpincounty.net/> Mrs. Rich: Home, 303-582-5427; Cell, 303-517-4898 (imyrrich@yahoo.com); Mr. Beasley: 303-582-1201 (jim.beasley@ionsky.com)

7 Healing Stars: Wednesday, KK 5-6pm, Adult 6:15-7:15pm. Mat Pilates class, Monday 5:30 – 6:30pm, Wednesday 2-3pm. *460 Gregory Street, Black Hawk, CO 80422*, <https://www.7healingstars.org/>

Clear Creek Rec Center: 303-567-4822. Kid/adult class Tues and Thurs 4:30-6pm, Adult only Tues 6:15-7:15. Mat Pilates class, Tuesday, 3-4pm.

Gilpin County Community Center: 303-582-1453. Kid/adult class Tues and Thurs 6-7:30. KK Thurs, 4:45-5:45. Adult fit classes, Monday, Wednesday and Friday. 11:00 – 12:00pm. Mat Pilates, Sunday 1:30 – 2:30pm, Monday, 8:15 – 9:15am.

Evolution Martial Arts Studios: Saturday 9:30 – 10:30am. <http://evo-martialarts.com/>, 7456 W 5th Ave, Lakewood, CO 80226. Dom Blum: Telephone: (720) 940-5883, dblum@evo-martialarts.com.

Lakewood Link Recreation Center: 303-987-5400.

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

Please look at these websites for additional information