

Clear Creek ~ Gilpin academy of martial arts Newsletter for fall/winter 2019:

Breaking class on Tuesday, September 10th and December 10th. Required class, please make arrangements with your instructor if you cannot make it, you will not test otherwise. \$25.00 (\$10.00 for kinder kickers) testing fee due at this time. If paid late the fee is \$30.00 and it must be in cash. Please make sure your belt is clean so that it can be used for the next person testing for your rank. I have to pay for certificates and belts prior to testing, if you do not pay me for testing, and then do not show up to test, I lose money.

John Millers Breaking class, Mondays, August 19th and 26th, 6:30pm. Evolution Martial Arts school. If you have not attended one of Mr. Millers classes, please do, they are very informative. There is a cost, but I have forgotten what he charges for this class. You can attend one or both of the classes.

Testing at the Lakewood Link, Saturday, September 14th and December 14th, noon. Be there at 11:30 in order to stretch and run through your things once. CLEAN white uniform is required.

Black belt testing is on Friday, September 13th and Friday, December 13th. Location to be determined.

Mock test: Tuesday, November 12th, during regular classes.

Saturday, October 12th, we will be having a self-defense class at CCMRD. Several advanced students have been invited to help. If you would like to attend the class, there is a fee. Please contact CCMRD to get put on the class roster.

Fall tournament should be on Saturday, October 26th, in the afternoon at the Lakewood link recreation center. There will be a costume contest and pot luck. This is a good time to invite your friends and family to come watch you do your techniques. I have not gotten confirmation on the date and time as of yet.

Additional Information Students Need to Know: Advanced class at the Link is on the first and the 3rd Saturday of the month, 10:30-noon. Green Mountain is the 2nd and the 4th Saturday of the month, 11:00-noonish. Master Bishop does do a special class on any Saturdays that land on the 5th week. Keep in mind if a student would ever like any one on one time with any of the instructors we may be able to make that happen.

Mrs. Rich is teaching mat Pilates, kinder kicks, and Tae Kwon Do at 7 Healing Stars by appointment only. If you would like a class it is \$10.00 and you can choose what works for your schedule.

Fun question: What is Master O'Hara's favorite technique? Round kick. It's always been easy for me. **New question: What does Moo Duk Kwan mean?**

Please check out Mrs. Rich's website: <http://imyfit.gilpincounty.net/> If you have photos, videos, or even an article you would like to post on our website, please pass it on to Steve Schwettman.

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

Mrs. Rich: 303-582-5427, cell 303-517-4898, (imyrrich@yahoo.com). Mr. Beasley: 303-582-1201

(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-](http://evo-martialarts.com/)

[martialarts.com/](http://evo-martialarts.com/), 7456 W 5th Ave, Lakewood, CO 80226, Dom Blum: Telephone: (720) 940-5883, [dblum@evo-](mailto:dblum@evo-martialarts.com)

[martialarts.com](http://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/>. 460 Gregory St, Black Hawk, CO, 80422.