



# 2024 SEPTEMBER

## BRISTOL NEWSLETTER



SUN	MON	TUE	WED	THU	FRI	SAT
<b>Self-Defense</b>	2 <b>SCHOOL CLOSED</b> <b>-Labour Day-</b>	3	4	5	6	7
<b>Pattern Sparring</b>	<b>KICKING (White to Yellow) &amp; SPARRING WEEK (Green St &amp; Up)</b>					
<b>B-Kick B-Hand</b>						
<b>A-Basic B-Punch</b>						
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27 <b>133<sup>rd</sup> Teens &amp; Adults Belt Test</b>	28 <b>133<sup>rd</sup> Colour Belt Test</b>
29	30 <b>Belt Presentation</b>	1	2	3	4	5

### SCHOOL CLOSED

**MONDAY, SEPT 2**

\*In observance of Labour Day Holiday

**\*NO make-up class for this closure**

### SPARRING WEEK

**TUE, SEPT 3 – SAT, SEPT 7**

\*Green St & Up must bring Sparring Gear

\*Please arrive 15 minutes earlier

**HAPPY 2<sup>ND</sup> ANNIVERSARY  
TO OUR BRISTOL LOCATION!**

**- SEPTEMBER 19 -**

### 133<sup>rd</sup> COLOUR BELT TEST

**SATURDAY, SEPT 28**

**TIGER TOTS & JR WHITE – 2:15 PM**

**JR YELLOW ST & YELLOW – 3:15 PM**

**JR GREEN ST & UP – 4:15 PM**

**FRIDAY, SEPT 27**

**TEENS & ADULTS – 8:45 PM**

### 133<sup>rd</sup> BELT CEREMONY

**MONDAY, SEPT 30**

**5:45 PM – 7:15 PM**

\*Receiving new belts, certificates, and awards

\*Please wear your full uniform and current belt

**\*NO Classes for Jr. Yellow & Up, Teens & Adults**