



# CHANGE YOUR MIND CHANGE YOUR BODY® THE BUSHIDO SCHOOL OF KARATE

Volume 20, Issue 79  
April, May, June 2019

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IN OUR 21<sup>ST</sup> YEAR!

## Congratulations!

The following students were promoted between January 1<sup>st</sup> and March 31<sup>st</sup>, 2019

### Orange Belts

David Nikolla  
Jeffrey Gutierrez

### Blue Belts

Matthew Serrano  
Laurie Starke  
Adriana Gutierrez  
Astrid Alvarez  
Krysten Rodrigues  
Alexander Fitzmaurice  
Zachary Moussouros  
Xiadong Xu  
Andrea Rodrigues

### Yellow Belts

Mihika Narayan  
Robert Pacheco

### Green Belts

-none-

### Red Belts

Jair DeOliveira

### Brown Belts

Alex Kaplan  
Joshua Rivera

## Karateka Corner

*(A Karateka is a student of karate)*

### BUSHIDO KNOWLEDGE

Why do we KIAI loudly?

1. To \_\_\_\_\_ the bully
2. To call for \_\_\_\_\_
3. To make us feel \_\_\_\_\_

The correct answers are in the  
Word Search below

|   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| H | S | T | R | O | N | G |
| S | C | A | T | H | E | R |
| S | A | L | M | O | N | E |
| I | R | K | V | J | E | A |
| H | E | L | P | Y | S | T |
| D | H | E | L | I | U | M |

***BLACK BELT TEST is Saturday, June 15<sup>th</sup>, 2019***

***Candidates are encouraged to attend BLACK BELT SEMINARS***

*-Check the April, May, June 2019 calendar on the reverse for dates-*

There are no regular classes during BLACK BELT TESTS.

Red Belts and higher ranks are required to attend BLACK BELT TESTS.

Families and friends of candidates are invited to attend. All spectators should be prepared to stay for the entire test.

No students under the rank of Red Belt may attend.

| Sunday   | Monday  | Tuesday                         | Wednesday  | Thursday                        | Friday  | Saturday  |
|--|---|---------------------------------|--|---------------------------------|---|---|
| March 31   | 1   | 2                               | 3  | 4                               | 5   | 6 *Promotion<br>Test at 11:00 a.m.<br>NO REGULAR CLASSES                              |
| 7  | 8   | 9                               | 10   | 11                              | 12  | 13  |
| 14   | 15  | 16                              | 17   | 18                              | 19  | 20  |
| <b>We are CLOSED for SPRING BREAK from 4/15 – 4/22</b>   |   |                                 |  |                                 |   |   |
| 21<br>               | 22  | 23<br>We Re-open<br>for Classes | 24   | 25                              | 26  | 27  |
| 28   | 29  | 30                              | <u>*Candidates for Promotion Tests</u><br><u>MUST ARRIVE AT 10:30 A.M.</u> |                                 |   |   |
| <b>MAY</b>   |   |                                 | 1  | 2                               | 3   | 4   |
| 5<br>Black Belt<br>SEMINAR I   | 6   | 7                               | 8  | 9<br>Bring-A-Friend<br>to Class | 10  | 11 Kids'<br>Night Out!  |
| 12   | 13  | 14                              | 15   | 16                              | 17  | 18  |
| <b>DONATION DAYS!</b> We will be collecting 1 or 2 specific items for the Pleasantville Food Pantry. |   |                                 |  |                                 |   |   |
| 19<br>Colored Belt<br>WORKSHOPS  | 20<br>Begin ordering<br>wood on 5/20!   | 21                              | 22   | 23                              | 24  | 25<br>CLOSED for<br>MEMORIAL WEEKEND  |
| 26<br>CLOSED for<br>MEMORIAL WEEKEND   | 27<br> | 28                              | 29   | 30                              | 31  |   |
| <b>JUNE</b>  |   |                                 | <u>*Candidates for Promotion Tests</u><br><u>MUST ARRIVE AT 10:30 A.M.</u> |                                 | <u>*Candidates for</u><br><u>BLACK BELT TESTS</u><br><u>MUST ARRIVE AT 10:00 A.M.</u> |   |
| 2<br>Black Belt<br>SEMINAR II  | 3   | 4<br>Last day to<br>order wood! | 5  | 6                               | 7   | 8   |
| 9  | 10  | 11                              | 12   | 13                              | 14  | 15 *BLACK BELT<br>TEST at 11:00 a.m.<br>NO REGULAR CLASSES                            |
| <b>Pick-up bundles of wood 6/10 to 6/14</b>  |   |                                 |  |                                 |   |   |
| 16   | 17  | 18                              | 19   | 20                              | 21  | 22  |
| <b>WOODBREAKING WEEK 6/17 to 6/21</b>  |   |                                 |  |                                 |   |   |
| 23   | 24  | 25                              | 26<br>PRO<br>PICTURE<br>DAY  | 27                              | 28  | 29  |
| 30   | July 1st  | 2                               | 3  | 4                               | 5   | 6   |
| <b>CLOSED for 4<sup>th</sup> of JULY</b>   |   |                                 |  |                                 |   |   |
|  |   |                                 |  |                                 |   |  |