



# NEWSLETTER



# JULY

## TESTING & PROMOTION – MARK YOUR CALENDARS

**Get ready to take the next step in your training!**

**July 16** – All paper work is due for GUP & Little Ripples.

**July 21-25** – Testing Week for GUP @ both schools. Sign up for a testing time slot at the front desk.

**July 25** – Middleburg Little Ripples testing will be at 4:30 or 6:15 p.m.

### Pre-Testing for Blue & Blue/Black Belts

Current Blue and Blue/Black belts will attend pre-testing in Middleburg on the following dates. This is a required step to make sure you're ready for your next rank. Talk with your instructor if you have any questions.

- **July 12, 7:30-10:30 AM** – Pre-test 1
- **July 19, 7:30-10:30 AM** – Pre-test 2

### Promotion Ceremonies at Each School

We can't wait to celebrate all your hard work as you step into your next belt rank!



#### Fleming Island Promotion Ceremony

**Saturday, July 26 @ Fleming Island**

9:45 AM – Arrival Time

10:00 AM – Start Time

\*Stay for the potluck! You're welcome to sign up to bring a dish, and we encourage you to bring your own chairs if you have them.



#### Middleburg Promotion Ceremony

**Saturday, July 26 @ Middleburg**

Schedule for CURRENT Belt Ranks:

- 10:00-11:15 AM – Camo, White, Half Orange/Half Green Belts
- 11:15 AM-12:30 PM – Half White/Half Orange, Orange Belts
- 12:30-1:45 PM – Green, Half Green/Half Brown, Brown, Half Brown/Half Red, Red Belts
- 1:45-3:00 PM – Half Red/Half Blue Belts and Above

**GOOD LUCK TESTERS!**

### PARENTS AS COACHES

We invite parents to step on the mats **July 8-9** and learn how to support your student's progress both in class and at home.

### OPEN MAT: EXTRA PRACTICE TIME

Take advantage of open mat time for some extra training before testing or tournaments:

**Middleburg:** July 12 @ 1:00–2:00 PM

**Fleming Island:** July 12 @ 1:30–2:30 PM

**CLOSED**

**JULY 4-5 & AUG. 1-2**

We'll be closed for Independence Day and in August when our team travels to Nationals!

### PROCTOR TRAINING

If you are scheduled to assist with testing or are interested in becoming a testing proctor, please join us for this important training session **July 17 at 7:15 PM in Middleburg**. We'll review procedures and expectations to help create a smooth and professional testing experience.

**THEME OF THE MONTH: HUMILITY**  
**LEADERS SEMINAR WEAPON: SAIS**  
**MASTERS SEMINAR WEAPON: KNIFE**



UPCOMING  
EVENTS



# IMPORTANT DATES

## FLEMING ISLAND

- July 4-5** CLOSED for Independence Day!
- July 8-9** Parents as Coaches
- July 11** 5:45 PM – Lead Talk  
6:15 PM – G.O.L.D. meeting: Humility  
7:15 PM – Tournament Prep
- July 12** 7:30 AM – Blue & Blue/Black Belt Pre-Test 1 (@ Middleburg)  
11:45 AM – Jr. Instructor Training  
12:15 PM – SWAT training  
1:30 PM – Open Mats
- July 16** Little Ripples & GUP Testing Paperwork Due
- July 18** 5:45 PM – Lead Talk  
6:15 PM – Masters: knife  
7:15 PM – Leaders: sais
- July 19** 7:30 AM – Blue & Blue/Black Belt Pre-Test 2 (@ Middleburg)  
7:30 AM – Black Belt Prep Cycle Entrance Exam (@ Middleburg)  
11:45 AM – Leadership Sparring  
1:30 PM – Tournament Prep
- July 21-25** Testing Week!
- July 23** 6:00 PM – Black Belt Prep Cycle Workout (@ Middleburg)
- July 26** 10:00 AM – Belt Promotion Ceremony (no classes)

## MIDDLEBURG

- July 4-5** CLOSED for Independence Day!
- July 8-9** Parents as Coaches
- July 11** 5:45 PM – Lead Talk  
6:15 PM – G.O.L.D. meeting: Humility
- July 12** 7:30 AM – Blue & Blue/Black Belt Pre-Test 1  
11:45 AM – Jr. Instructor Training  
12:15 PM – SWAT training  
1:00 PM – Open Mats
- July 15** 7:15 PM – Tournament Prep
- July 16** Little Ripples & GUP Testing Paperwork Due
- July 17** 7:15 PM – Proctor Training
- July 18** 5:45 PM – Lead Talk  
6:15 PM – Masters: knife  
7:15 PM – Leaders: sais
- July 19** 7:30 AM – Blue & Blue/Black Belt Pre-Test 2  
7:30 AM – Black Belt Prep Cycle Entrance Exam  
11:45 AM – Leadership Sparring  
1:00 PM – Tournament Prep
- July 21-25** Testing Week!
- July 23** 6:00 PM – Black Belt Prep Cycle Workout
- July 25** 4:30 & 6:15 PM – Little Ripples Testing
- July 26** 10:00 AM – Belt Promotion Ceremony (no classes)

