



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.

CLOSED

JULY 4-5 & AUG. 1-2

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

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

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

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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
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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)

