

JANUARY NEWSLETTER

GOAL SETTING

Setting SMART goals (Specific, Measurable, Achievable, Relevant, and Time-bound) turns dreams into clear, actionable plans. When you define exactly what you want and set a realistic timeline, your goals feel less overwhelming and more attainable. Pairing SMART goals with a vision board adds a powerful visual reminder of why you're working toward them—keeping you motivated, focused, and aligned with your bigger picture. What your mind can conceive and believe, it can achieve! ☀

GOAL-SETTING Workshop is Friday January 2
5:45pm Fleming Island
6:15pm Middleburg



This month's weapons:

Rolls/Falls and Board Breaking for master's blackbelt training.

Falls happen—Injuries don't have to. This seminar teaches safe rolling and falling techniques to help you move with confidence, protect your body, and recover quickly when life throws you off balance. Gain confidence while learning fundamentals behind a successful board break.

Kamas for leadership blackbelt training

Develop coordination, precision, and control through Kamas training. This seminar emphasizes foundational movements, safety, and effective technique.

WOMEN'S SELF DEFENSE

Experience women's self-defense through the discipline of Tang Soo Do. This class emphasizes balance, power, and controlled responses to help you protect yourself while strengthening both body and mind in **Middleburg 2-5pm Saturday January 31**

Straight A Pizza Party!



Did someone say pizza?! Cowabunga! Celebrate your straight A's with pizza and games. Keep up the hard work future black belts!

Saturday January 17 2-3 PM in both schools

LITTLE RIPPLES TESTING

We're so proud of our Little Ripples as they prepare for their upcoming belt tests! We cannot wait to celebrate their success and growth! **Pretesting begins January 5 in regular classes**

Belt Testing:

Middleburg: Friday, Feb. 6 at 3:30 and 6:15 PM

Fleming: Testing week Feb. 2 - 5

GUP TESTING

We're so proud of our GUP students as they prepare for their upcoming belt tests! We cannot wait to celebrate their success and growth! **Pretesting begins January 5 in regular classes**

Belt Testing:

Middleburg: Testing week Feb 2-5

Fleming: Testing week Feb. 2 - 5



Please note that we will be closed **January 1**. We wish all our families a joyful holiday season!

THEME OF THE MONTH: Goal Setting

LEADERS SEMINAR WEAPON: Kama

MASTERS SEMINAR WEAPON: Rolls/Falls and Board Breaking

UPCOMING EVENTS

&

IMPORTANT DATES

FLEMING ISLAND

Jan. 1 New Year's Day - Both Locations Closed

Jan. 2 5:15 PM – Lead Talk
5:45 PM – G.O.L.D. meeting: Goal Setting Workshop

Jan. 5 Gup and Little Ripples Pretesting Begins
Camp Ripple Camp Open

Jan. 9 5:15 PM - Lead Talk
5:45 PM - Rolls/Falls/Board Breaking

Jan. 16 5:15 PM - Lead Talk
5:45 PM - Leader's seminar: Kama

Jan. 17 11 AM - Spring 2026 Prep Cycle Entrance Exam
2-3 PM - Straight A Pizza Party

Jan. 19 Camp Ripple Camp Open All Day in Middleburg

Jan. 20 7:15 PM Open Mats in Middleburg

Jan. 23 5:15 PM - Lead Talk
5:45 PM - Open Mats

Jan. 24 12:30 PM - Jr. Instructor Training
1 PM - SWAT Training

Jan. 27 7:15 PM - Open Mats in Middleburg

Jan. 28 GUP and Little Ripple Testing Paperwork Due

Jan. 29 7:15 PM - Proctor/Judges Training in Middleburg

Jan. 30 5:15 PM – Lead Talk
5:45 PM – G.O.L.D. meeting: Compassion

Jan. 31 2 PM - Women's Self Defense Class in Middleburg

MIDDLEBURG

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