


FLEXIBILITY

NEWSLETTER

APRIL

Build strength through stretch and discipline through control at our Flexibility Gold Meeting! This session is designed to help students improve range of motion, prevent injury, and enhance overall performance in and out of class. We'll focus on proper stretching techniques, breathing, and the importance of consistency in developing flexibility. Whether you're working toward higher kicks or better mobility, this meeting will give you the tools to level up. Stay committed, stay flexible, and watch your progress unfold



FLEXIBILITY G.O.L.D meeting is Friday April 3
5:45pm Fleming Island & 6:15pm Middleburg

This month's weapons:
Rolls/ Falls/ Board Breaking for master's
Black Belt training
Master the fundamentals of safe falling, improve your control and precision, and demonstrate your power through board breaking. This is your opportunity to elevate your skills and train at a higher level alongside dedicated black belts. Be ready to challenge yourself, grow stronger, and break through barriers—both on and off the mat.

Friday April 10
Middleburg 6:15pm & Fleming 7pm

Fan for leadership Black Belt training
Join us for a dynamic fan seminar where the fan is used as a traditional martial arts weapon. This training will focus on precision, control, speed, and sharp technique while handling the fan with power and purpose.

Friday April 24
Middleburg 6:15pm & Fleming 6:45pm

Report Card Week! Bring in a copy or show us your report card from the most recent quarter to earn a Gold or Silver star in class!
Friday March 27 - April 3

Easter Egg Hunt! 10am-11:30am
Saturday April 4th at both locations!
Come celebrate with us! Demos, Candy, egg hunt, prizes and special offers!
FREE and Open to the public!!
No Classes at both locations!



GOLD HEAD CAMPOUT & CLINIC
Saturday May 2
9am - 1pm
Join us at Gold Head State Park in full uniform and belt ready for awesome fun sessions taught by your instructors!
Bring water, wear sneakers, and a great attitude!
Register at mykarateclasses.com !

All School Belt Promotion
Saturday May 9 at Middleburg location
Group 1: 10AM - 11:00AM
Current Camo, White, Brown/Red, Red, and Red/Blue Belts
Group 2: 11:15AM - 12:15PM
Current White/Orange, Green, Brown Belt
Group 3: 12:30PM - 1:30PM
Current Orange, Orange/Green, Brown, and Blue Belts
Group 4: 1:45PM - 2:45PM
Current Blue/Black and ALL Black Belts

GUP & Little Ripple Belt Testing
We're so proud of our Little Ripples and GUP students as they prepare for their upcoming belt tests! We cannot wait to celebrate their success and growth!
Pretesting starts April 13 for both GUP & Little Ripples. Paperwork DUE April 29
Little Ripples Belt Testing: Middleburg: Friday May 8 3:30 or 6:15pm
Fleming: Testing week May 4 - May 8
GUP Belt Testing Both locations: May 4-8
All School Belt Promotion May 9!

Regional Black Belt Test & Tournament weekend in Apopka
Friday April 17 - Black Belt Test 6pm, Promotion Demo practice 5:45pm
Saturday April 18 - Doors open 8am, Black Belt competition 9am, Opening Ceremonies & Promotions 10:30am, Tiny Tiger/Little Dragon and Gup Competition 11:30am, Soccer Game 7:30pm
Sunday April 19 - 2nd Degree and Above Training 8am-10am at CFTSD
Visit www.region21-wtsda.com



Register by April 10th

Open Mats
Get ready for belt testing and April Regional Tournament!
Take advantage of both locations open mat opportunities through April! See Back Page for All Open Mat days and times!


WORD OF THE MONTH: Flexibility
MASTERS SEMINAR WEAPON: Rolls/Falls/Board Breaking
LEADERS SEMINAR WEAPON: Fan




UPCOMING
EVENTS

& IMPORTANT DATES

FLEMING ISLAND

- Mar 27** - Report Card Week - bring in a copy or show us your report card from the most recent quarter. Earn a silver or gold star!
- April 3**
- Apr. 3** SCHOOL'S OUT!
5:15 PM Lead Talk
5:45 PM G.O.L.D. meeting on Flexibility
6:45 PM Open Mats
- Apr. 4** 10 AM - 11:30 AM Easter Egg Hunt
No classes in both locations
- Apr. 10** SCHOOL'S OUT
5:15 PM Lead Talk
7 PM Rolls/Falls/Breaking
- Apr. 11** 11 AM Conditional/Black Belt Prep Cycle Pretest 2 in Middleburg
12:30 PM SWAT Training Meeting
1 PM Jr. Instructor Training Meeting
1:30 PM Open Mats
- Apr. 13** Gup and Little Ripple Pretesting Begins
- Apr. 17 - 18** CLOSED for Classes - Regional Black Belt Test & Tournament Weekend in Apopka, FL
GOOD LUCK TESTERS! 
- Apr. 24** 5:15 PM Lead Talk
5:45 PM Open Mats
6:45 PM Leaders seminar Fan
- Apr. 25** 8 AM Prep Cycle 1 Pretest #1 in Middleburg
12:30 PM Open Mats
- Apr. 29** GUP & Little Ripple Testing Paperwork DUE
- May 2** 9AM - 1 PM Gold Head Campout & Clinic at Gold Head State Park

MIDDLEBURG

- Mar 27** - Report Card Week - bring in a copy or show us your report card from the most recent quarter. Earn a silver or gold star!
- April 3**
- Apr. 3** SCHOOL'S OUT! - Camp Ripple Open
5:45 PM Lead Talk
6:15 PM G.O.L.D meeting on Flexibility
- Apr. 4** 10 AM - 11:30 AM Easter Egg Hunt
No classes in both locations
- Apr. 7** 7:15 PM Open Mats
- Apr. 10** SCHOOL'S OUT - Camp Ripple Open
5:45 PM Lead Talk
6:15 PM Rolls/Falls/Breaking
- Apr. 11** 11 AM Conditional/Black Belt Prep Cycle Pretest #2
- Apr. 13** Gup and Little Ripple Pretesting Begins
- Apr. 14** 7:15 PM Open Mats
- Apr. 17 - 18** CLOSED for Classes - Regional Black Belt Test & Tournament Weekend in Apopka, FL
GOOD LUCK TESTERS! 
- Apr. 21** 7:15 PM Open Mats
- Apr. 24** 5:45 PM Lead Talk
6:15 PM Leaders seminar Fan
- Apr. 25** 8 AM Prep Cycle 1 Pretest #1
1:30 PM Jr. Instructor Training Meeting
2 PM SWAT Training Meeting
- Apr. 28** 7:15 PM Open Mats
- Apr. 29** GUP & Little Ripple Testing Paperwork DUE
- May 2** 9 AM - 1 PM Gold Head Campout & Clinic at Gold Head State Park

