

HUMILITY

True leadership isn't about being the loudest voice in the room—it's about having the humility to listen, learn, and serve others. Humility allows leaders to accept feedback, admit mistakes, celebrate the successes of their team, and continue growing every day. In this leadership development meeting, we'll explore how leading with humility builds trust, strengthens relationships, and creates a culture where everyone can thrive. The strongest leaders are not those who know everything, but those who remain teachable and inspire others through their character and actions.

HUMILITY G.O.L.D meeting is Friday

July 3rd 6:15 pm both locations



WORLD CHAMPIONSHIPS!
Good luck to all competitors!

World Championship Tournament Prep for
ALL students going to Worlds in Chicago

July 17-19th

Friday July 3rd 7:15-8:15pm @ Fleming

Tuesday July 7th 7:15-8:15pm @ Middleburg

Thursday July 9th 7:45-8:45pm @ Fleming

Open Mats

Tuesday July 14th 7:15-8:15pm @ Middleburg

Friday July 17th 6:15-7:15pm @ Fleming

Tuesday July 21st 7:15-8:15pm @ Middleburg

Friday July 24th 6:15-7:15pm @ Fleming

This month's black belt training Master's Rolls/Falls/Board Breaking

Join us for an exciting seminar focused on safe and effective rolls, proper falling techniques, and the thrill of board breaking! Students will build confidence, improve coordination, and learn valuable skills that enhance both training and everyday safety.

Whether you're perfecting your basics or challenging yourself with your first board break, this seminar is designed to inspire growth, perseverance, and a whole lot of fun. Don't miss this opportunity to push your limits and discover what you're capable of!

Friday July 10 @ 6:15pm Fleming Island & Middleburg

Friday July 24 @ 6:15pm Middleburg

Leadership Yoga

Join us for a relaxing and empowering Yoga Seminar designed to improve flexibility, balance, strength, and mindfulness. Whether you're new to yoga or have years of experience, this seminar offers an opportunity to slow down, focus on your breathing, and reconnect with your body and mind.

Participants will explore a variety of poses, stretching techniques, and breathing exercises that can enhance overall wellness and complement martial arts training and everyday life. Leave feeling refreshed, centered, and inspired to continue your wellness journey.

Breathe deeply. Move mindfully. Grow stronger—inside and out. ✨

Friday July 10 7:15pm at Fleming

Friday July 17 6:15pm at Middleburg

Closed Saturday for 4th of July! NO CLASSES at Middleburg or Fleming Location



Little Ripple and Gup Belt Testing

We're so proud of our Gup and Little Ripple students as they prepare for their upcoming belt tests! We cannot wait to celebrate you!

Pretesting begins July 6th for ALL STUDENTS!

Testing Paperwork due Wednesday July 22nd

TESTING WEEK for Fleming Little Ripple's and all GUP students

July 27 - July 31

Middleburg Little Ripples Test

Friday July 31 3:30 or 6:15pm

Remember students need 5 character building sheet stripes before testing!

Prep Cycle Entrance Exam at Middleburg Saturday July 11th

8am - Prep Cycle 1

11am - Prep Cycle 2

Good luck!

WORD OF THE MONTH: Humility
MASTERS SEMINAR WEAPON: Rolls/Falls/Board Breaking
LEADERS SEMINAR WEAPON: Yoga

NEWSLETTER

JULY

UPCOMING
EVENTS

& IMPORTANT DATES

FLEMING ISLAND

- July 3** 6:15 PM G.O.L.D. Meeting on Humility
7:15 PM World Championship Tournament Prep
- July 4** Closed for 4th of July
- July 6** Little Ripples and GUP Pretesting starts
- July 9** 7:45 PM World Championship Tournament Prep
- July 10** 6:15 PM Master's Rolls/Falls/Board Breaking
7:15 PM Leader's Yoga
- July 11** 8:00 AM Prep Cycle 1 Entrance Exam @ Middleburg
11:00 AM Prep Cycle 2 Entrance Exam @ Middleburg
- July 17** 6:15 PM Open Mats (for upcoming belt test)
7:00 PM SWAT Training
7:30 PM Jr. Instructor Training
- July 22** Little Ripple & GUP Testing Paperwork Due
- July 23** 7:15 PM Judges/Proctor Training (Level 4 and above only) @ Middleburg
- July 24** 6:15 PM Open Mats (for upcoming belt test)
- July** Testing Week! Good luck to all testers!
27 - 31

MIDDLEBURG

- July 3** 5:45 PM Life Skills Talk
6:15 PM G.O.L.D. Meeting on Humility
- July 4** Closed for 4th of July
- July 6** Little Ripple and GUP Pre-testing starts
- July 7** 7:15 PM World Championship Tournament Prep
- July 10** 5:45 PM Life Skills Talk
6:15 PM Master's Rolls/Falls/Board Breaking
- July 11** 8:00 AM Prep Cycle 1 Entrance Exam
11:00 AM Prep Cycle 2 Entrance Exam
1:30 PM SWAT Training
2:00 PM Jr Instructor Training
2:30 PM Black Top Certified Training
- July 14** 7:15 PM Open Mats (for upcoming tournament and belt test)
- July 17** 5:45 PM Life Skills Talk
6:15 PM Leader's Yoga
- July 21** 7:15 PM Open Mats (for upcoming belt test)
- July 22** Little Ripple & GUP Testing Paperwork Due
- July 23** 7:15 PM Judges/Proctor Training (Level 4 and above only) @ Middleburg
- July 24** 5:45 PM Life Skills Talk
6:15 PM Rolls/Falls/Board Breaking
- July**
27 - 31 Testing Week! Good luck to all testers!

