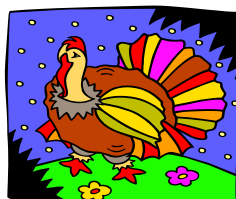




Island Martial Arts

Phone: (718) 967-6090 Website: SIMartialArts.com
3800 Richmond Ave 10312

NOVEMBER 2010



THEMES THIS MONTH :

- > NOV 1ST – NOV 6TH
- > **SPARRING Week**
- > Sparring Gear on Sale for **\$150!**
- > NOV 8th– NOV 13
- > **KICKBOXING Week**
- > NOV 15TH – NOV 20TH
- > **GYMNASTICS Week**
- > NOV 22 – NOV 26th
- > **STANCE Week**
- > NOV 29TH – DEC 4TH
- > **BOARD BREAKING Week**
- > **PROMOTION TRAINING SEMINAR—DEC. 4TH!**

WE NOW OFFER ON SUNDAYS- KICKBOXING CLASSES & SO MUCH MORE— COME JOIN US ON SUNDAYS!

8:00 AM—9:00 AM—X-TREME CONDITIONING
9:00 AM - 10:30 AM - ADULT KICKBOXING



10:45—11:45 - KIDS KICKBOXING

10:50 - 11:40 - ZUMBA TURBO KICKBOXING

\$10.00 PER CLASS!

We have something for the whole family Mom, Dad, & Jr!

MORE ZUMBA CLASSES!

\$10.00 PER CLASS—FIRST CLASS IS FREE IMA FITNESS DAY OR NIGHT!

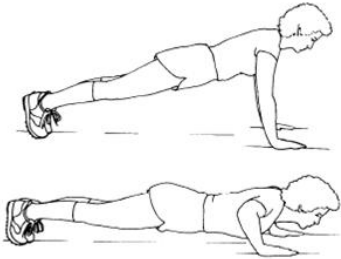
*** PERSONAL TRAINING & PRIVATE GROUPS AVAILABLE**

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	<u>Monday/Tuesday</u>	<u>Wednesday</u>	<u>Friday</u>
09:00—10:00 AM	Zumba	Cardio KB w/Weights	Zumba
	FIRST CLASS IS FREE!	FIRST CLASS IS FREE!	Cardio KB
FIRST CLASS IS FREE!	\$10.00 PER CLASS	WE OFFER	CONTRACTS!

OTHER IMPROTANT EVENTS!

HOLIDAY SPECIAL ONLY
FOR SOMEONE SPEICAL IN YOUR LIFE:
WE OFFER GIFT CERTIFICATES!



TRAIN WITH MASTER PETE:

***KARATE & *PERSONAL TRAINING!**

Need Improvement - Extra Help with Forms, Kicks, Get Fit, Start

As always, we wish all of our students a very happy and special birthday!

Here are our birthdays this month:

HAPPY BIRTHDAY!

MASTER PETE
 ALEX IOFE
 ALYSSA IP
 DINA DINALLO
 ERIN BELLAMY
 JAMES NOVELLO

JESSE KEARNEY
 JOSEPH MARINO
 NICK MARINO
 VICTOR SOSA
 VINCENT TOCCI

**BOOK YOUR
 PARTY TODAY!**

**"...it is mind, far
 more than
 technique, that
 will be the
 enabler."
 -Shinmen Musashi**

KOREAN TERMINOLOGY

Every month, we post new terminology that is required to be known by all students. Please study these terms—who knows when you will be tested?



Pil Sung	Personal Victory
Charyut	Attention
Ap Chagi	Front Kick
Kihap	Yell
Kueman	Stop

November 2010 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
SPARRING WEEK - GEAR ON SALE \$150						
7	8	9	10	11 <small>VETERANS DAY WE ARE OPEN!</small>	12	13
KICKBOXING WEEK <small>WE SELL GLOVES \$25.00!</small>						
14	15	16	17	18	19	20
GYMNASTICS WEEK!						
21	22	23	24	25 <small>THANKSGIVING DAY! SCHOOL CLOSED!</small>	26 <small>SCHOOL CLOSED</small>	27 <small>SCHOOL CLOSED</small>
STANCE WEEK!						
28 <small>SCHOOL CLOSED</small>	29	30	1	2	3	4 <i>IMA Training Seminar</i>
BOARD BREAKING WEEK \$2.00 A BOARD - ONE PER CLASS!						
5	6	7	8	9	10	11 <small>PROMOTION BOARD!</small>
FORMS WEEK						

Promotion Training Seminar: December 4th
Promotion Board: December 11th

<u>Future Training Seminar Dates:</u> December 4th	<u>Future Promotion Board Dates:</u> December 11th
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