



July Newsletter

Self Defense Seminar: The August Adult Self Defense seminar is scheduled for the 2nd-30th and will be Mondays from 7-8:00pm. Fee for general public is \$40; TKD parents pay \$30. Review course is \$25. These seminars are great for beginners and those who would like to review skills they have learned before.

Jr. TKD Summer camp: Summer camp was awesome. We had a great time training and building friendships. There will pictures on our Facebook and hopefully our webpage soon!

Weapons Classes! Wednesdays in August at 7:00 pm will have a weapons class. Juniors Purple trim or higher & Adults Blue belt-Up may attend. Students must have their own weapons. Those who do not currently own weapons will have the opportunity to purchase them at a special rate with the course. All weapons must be approved by Master Lucas before signing up for the course. Please order weapons by the 27th of July. The Course fee will be \$30

Suggested Basic weapons available are(cost of course and weapons are combined here)

Kamas (Dull Sickle weapons) \$55

Escrima (medium length wooden sticks) \$40

Bo Staff(Long Stick) \$50

Sai (Three pointed fork-like) \$80

Nunchuku (jointed stick weapons) Foam \$35 Wooden \$45

Upcoming events:

JULY

Bemidji overnight Camps 20-21st

16-17th Detroit Lakes TKD Jr. Summer Camp.

AUGUST

Bemidji Day Camps 11th & 24th

Bemidji overnight Camps 4-5th & 19-20st

Color Belt Testing 18th - 19th

27th- 29th Adult Camp Guthrie, MN & Kumdo Scrimmage

30- Fall Session starts