



# Mandeville Karate News Letter

Week of **HALLOWEEN**

[www.jumpkick.com](http://www.jumpkick.com)

## *Extra Events*

Thursday,	October 31 <sup>st</sup> :	CLOSED, Have a safe Halloween
Friday,	November 1 <sup>st</sup> :	Monthly Belt Test, 7-9pm, testing by invitation, spectators welcome – NO OPEN GYM
Thursday,	November 7 <sup>th</sup> :	Weapons Class (Bo), yellow Belts and Higher, 6-7pm – FREE
Friday,	November 8 <sup>th</sup> :	OPEN GYM, 7-9pm, \$5
Thursday,	November 14 <sup>th</sup> :	Weapons Class (Tunfa / Sai / Nunchaku), Blue Belts and Higher, 6-7pm – FREE
Friday,	November 15 <sup>th</sup> :	OPEN GYM, 7-9pm, \$5
Thursday,	November 21 <sup>st</sup> :	Weapons Class (Bo), yellow Belts and Higher, 6-7pm – FREE
Friday,	November 22 <sup>nd</sup> :	OPEN GYM, 7-9pm, \$5
Wednesday,	November 27 <sup>th</sup> :	Monthly Belt Test, 7-9pm, testing by invitation, spectators welcome – NO CLASSES
Wednesday,	November 27 <sup>th</sup> :	CLOSED, Happy Thanksgiving Eve
Thursday,	November 21 <sup>st</sup> :	CLOSED, Happy Thanksgiving
Friday,	November 22 <sup>nd</sup> :	CLOSED, Happy Post Thanksgiving

## October 19<sup>th</sup> - Louisiana State Championships:

See pictures and results at [www.jumpkick.com](http://www.jumpkick.com)

### Weapons Class, blue belts and higher

**This Saturday, November 2<sup>nd</sup>: 4pm-6pm Cost: \$10** (black belts - FREE)

Mr. Dan Rupert, from the Heilman Dojo in Reading, PA, will be at our dojo this Saturday to work various weapons techniques and forms including Bo, Tunfa, Sai, Nunchaku, and Tekkos.

### Black Belt “wanna be” workout.

**This Saturday, November 2<sup>nd</sup>: 6am – 8am** (no cost)

1st and 2<sup>nd</sup> degree brown belts are invited to a “special workout” to help prepare for the attitude, technique and stamina that will be necessary to successfully pass a black belt test.

**Black Belt are welcome to join in the fun.....**

### Halloween tips.....

- Carry a flashlight.
- Walk on sidewalks and driveways. **WALK**, Do not run.
- Visit only houses where the lights are on.
- Young children should always go trick-or-treating with an adult.
- Never trick-or-treat alone. Have at least 2 buddies go with you.
- Plan your entire route and make sure your family knows what it is.
- Wait until you get home and your parents check your candy before you eat it.
- Accept treats only in the doorway - Never go inside a house - Be very cautious of strangers.
- Be sure and say **thank you** for your treats.
- Don't play near lit jack-o-lanterns.
- Cross the street at the corner or in a crosswalk.
- Take a cellular phone with you if possible.