

## Thank You, Thank You, Thank you!!

Thank you to everyone who were able to help us clean the studio up, set up for the Potluck, tear down and re-clean the studio afterwards.

It was a lot of work and we couldn't of got it done without you!! Thank you so much from DoJuNim Bill and myself, KyoSaNim Jaci.

Thank you also to everyone who brought your wonderful, delicious and most satisfying dishes to the potluck! Because of you, the Potluck was a HUGE success! There was enough food left over for everyone to get 2nd's and 3rd's—now that is a POTLUCK! Oh, by the way, did I mention I was up for adoption—just feed me and I'll be happy! That was some awesome food!

### You people can COOK!! YUM,YUM

Thank you to everyone who helped donate to the Children's Sedation Unit—you not only helped brighten a child's day, but raised \$212!!!

Way to go Crusader Family!!! Pat yourself on the back, give yourself a hug and a high five!! Praise God!

## 2ND Police Tactical Training Seminar

August 22nd

9:00AM—4:00PM (FILLED)



This is a seminar for all KFCF black belts. Seminar will be from 9:00 to 4:00pm on Saturday, August 22nd .

Subjects covered will be voice compliance, compliance tools, frisking techniques, escorting techniques, handcuffing techniques, handcuff take-downs, gun & rifle retention, knife disarming.

Each student completing the course will receive a proficiency study certificate. Students will be allowed to wear a police duty belt, holster, handcuff pouch with handcuffs, and rubber gun.

Cost is \$50 certification and space is limited to 12 students. Please see DoJuNim to sign up.

## Upcoming Events

### AUGUST

**Aerobics Classes**—post poned til September

**1st**—Family/Adult Testing—9:00 am

Senior Testing—9:00 am

Tune-Up Testing—1:30 pm

**5th**—Ladies Only Classes—6p—8p

**8th**—Kids & Mini's Testing—9:00 am

**13th**—Free Seminar for Adults & Family only. Taught by Soke Mark Flaughter 6pm—8pm

**15th**—Ladies Self Defense—Kent City 2pm—5pm

**22nd**—Police Tactical Seminar—9:00 am—4:00pm (1 hour lunch)

**31st**—**MANDATORY** meeting for ALL Instructors/SaengdoNims 6pm

### SEPTEMBER

**5TH—7TH—CLOSED**

LABOR DAY WEEKEND

**26th**—Keebong Seminar 10a—12p

### OCTOBER

**3rd**—Kick-A-Thon 1pm—4pm



## CRUSADER'S RECIPE BOOK

Do you have a dish that everyone loves and raves about? Looking for new ideas to make a family meal?

Starting in August, there will be a Cookbook for anybody who wishes to submit their favorite recipes and/or for anyone looking for a new dish to make. This will be located in the Parent's Lounge.

Please type or clearly print your recipe. Put your name at the bottom. You may even "scrapbook" your page if you wish!

**ENJOY!**

### MONTH OF SEPT.

**Aerobics post-poned  
for August.**

**FREE Trial Month starting  
September 8th!**

**Every Tuesday: 6pm—7pm.**

### KEEBONG SEMINAR

**Saturday, Sept. 26th**

10am—12pm

\$10 if have Keebong

\$15 if need Keebong

**Deadline Sept. 25th**

**Deadline Sept. 18th**

### FREE SEMINAR

Soke Mark Flaughter will be teaching a FREE Seminar for Adults and Family classes ONLY.

Teaching form and techniques, self defense, and throws, all of them are "do-it-like-you-mean-it" under control.

**Thursday, August 13th**

**6pm—8pm**



## KICK-A-THON

We will be holding another Kick-A-Thon coming sometime in late September/early October to help raise funds to buy new karate equipment, such as: tumbling mats, focus and kicking bags, striking mits, clappers, etc.

Students ask friends, family, neighbors, students, to sponsor them to see how many kicks they can do in the course of the event. 10% of all the proceeds will go towards the DeVos Children's Sedation Unit.

During this event we are looking into having "Thow a Pie at your Instructor", "Dunk Your Instructor", and have "Adopt a Pet" as well.

**Saturday, October 3rd**

**1pm—4pm**

# MINISTRY PAGE



*Rockin' for the Kingdom of God!*

## CHILDREN'S MINISTRY

Children's Bible Verse for August

"Let your gentleness be evident to all. The Lord is near."

Phil. 4:5

Topic for the month is "Anger."



*A sons strength comes from the Father....*

## PASTORS CORNER

### "You don't have to Fit In"

I know you want to be accepted by others, but you were not made to fit in. You, were created to stand out. Not to draw attention to yourself, but to live the kind of life that leads others to Me.

Remember, it's your choices that will pave your path to life. I will not force you to do anything. I have given you a free will to walk with Me or to walk away from Me.

I want you to know that you can put on your crown at anytime and let people know that you belong to Me. You have a royal call on your life. I want you to remember you wear the crown of everlasting life, and through you I will do abundantly more than you would ever dare to dream. **"Galatians 1:10"**

Love,

Your King and Crown Giver

(From author: Sheri Rose Shepherd)

"Do not fear, for I am with you. Do not be dismayed, for I am your God. I will strengthen you and help you. I will uphold you with my righteous right hand." **Isaiah 41:10**

## MEN'S

Starting in **September**, there will be bible study on **Fridays at 10:30am** at the studio.

If interested please contact Mick Setsma at :

[kyosamick@crusadermartialarts.net](mailto:kyosamick@crusadermartialarts.net).

## WOMEN'S

Please pray for a fast healing for Joy Dahlquist as she has had complications since her appendectomy.

## TEENS

Teen ministry night's mission is designed to teach you the importance of becoming a man or woman of God. These days it is hard to define what becoming a man/woman looks like.

It is our hope to teach you these truths in going to the next level of your life. We look to give you the tools necessary to fight "the good fight of faith" in a Godly centered way.

Join us once a month every **third Thursday night** at **7:45p—9p**.

Crusader

## Staff / Ministry Leaders

### Event Coordinators

Marcia Piersma

Kim Longworth

### Teen Ministry Leaders

Mr. & Mrs. Nick Betz

### Men's Ministry Leader

Mick Setsma

### Children's Ministry Leader

Lisa Smith

### Women's Ministry Leader

Joy Dahlquist

### Prayer Warrior Captain

Mick Setsma

### Community Director

"Could this be you?"

### Owner/ President

Reverend Bill Church

Masterbillchurch@crusadermartialarts.net

### Director of Operations

Jaci Kinner

KyoSaJaci@Crusadermartialarts.net

## Community Director

We are in need of a Community Director, who is comfortable working with the public and has excellent customer service skills.

Responsibilities are, but not limited to, contacting businesses, churches, schools, to set up demo's, events/seminars, getting donations and or door prizes, etc.

This is a volunteer position only.

Please see DoJuNim Bill if interested.

## Good Eating!

### Restaurant of the Month

Dallas Deli, located on Bryon Center road just past 36th street on left side if heading southbound.

Owned by Sam and Kim, very friendly and personable—all barbeque sauces and meals are homemade!

They even have kids menu's inspired by one of our students, Kiera & Ryleigh

## GOT A NEED, FILL A NEED

### Need:

- Dishwasher.
- Full mattress/box springs.

Please see DoJuNim for these items.