

Crusader Martial Arts



Crusader Martial Arts
2620 Remico Dr. SW
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JULY NEWSLETTER

President / Chief Instructor

Bill Church

MasterBillChurch@crusadermartialarts.net

Director of Operations

Jaci Kinner

KyoSaJaci@Crusadermartialarts.net

July Events

4th—CLOSED

11th—2nd/3rd Degree BB Test 9:00am

15th—Black Belt Pre-Test 6:30pm

18th—1st Degree BB Test 9:00 am

18th—Deadline to sign up for Grudge matches, demonstrations.

25th—Crusader Family Potluck
2pm—4pm-Prayer, all competitions
4pm—5:30pm Eat
5:30pm—Awards, belt ceremony

August Events

All Month—Free Aerobics Try-Outs

1st—Adult/Family, Senior, Tune-up Testing
Times TBD NO FAMILY CLASSES

8th— Kids & Mini's Testing-
Times TBD NO KIDS/MINI CLASSES

20th—Deadline to sign up for 2nd Police
Tactical Seminar

22nd—2nd Police Tactical Seminar—9a—4pm

24th—Deadline to turn in Aerobics Survey

September Events

5th—7th—CLOSED LABOR DAY WEEKEND

Kids Safety/Bicycle Rodeo—Day/Time TBD

KFCF Tournament—Day/Time TBD

1st, 2nd, Degree Black Belt Testers

Ian Boverhof
Blake Dahlquist
Gary Davis
Jordan Davis
Annette Hollstein
Ayla Lehmann
Leesa Lehmann
Heather Lobbezoo
Kim Longworth
Noel Longworth
Aaron Meines
Jeremy Millet
Anne Mys
Samantha Mys

Marcia Piersma
Bryant Ross
Jessine Van Lopik

2nd Degree BB Testers

Austin Beek
Adam Besmer
Jordan DeJong
Hana Keener
Trey Lamaire
Nate Mohr
Nate VanderMaas
David Vranish

Staff / Ministry Leaders

Event Coordinators

Marcia Piersma
Kim Longworth

Men's Ministry Leader

Mick Setsma

Women's Ministry Leader

Joy Dahlquist

Teen Ministry Leaders

Mr. & Mrs. Nick Betz

Children's Ministry Leader

Lisa Smith

Prayer Warrior Captain

Mick Setsma

Community Director

"Could this be you?"

Crusader Family



Schedule

2pm—4pm—

Grilling Competition,
Grudge Matches, & Demo's.

4pm—5:30pm—Potluck

5:30pm—Awards, Belt Ceremony
(over 45 students receiving
Black Belts this year!)

2nd Police Tactical Self Defense Training Seminar

August 22nd

9:00AM—4:00PM

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 takedowns, 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.

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.

Cleaning:

Friday mornings will be cleaning days at the studio for anyone who would like to come help clean, organize, decorate, or plant outside feel free to stop by starting at 9:00am.

Crusading for a Cause

Crusader has now chosen an going school wide donation program. We will now be giving from our abundance to the DeVos Children's Hospital Sedation Unit. The Sedation unit is a division of DeVos Children's Hospital that provides services for kids that have to go through any type of testing or treatment where needles are involved. Procedures like spinal taps and biopsies are standard daily activities and these are for KIDS! Can you imagine how much you dislike needles but know that the place where you are going is all that and more.

Much of the time the nurses spend their own money to get this stuff. They do not have much in the way of donations and little to no funding for this cabinet. This is where we come in. So far we have been able to supply 23 stuffed animals and we have 3 bags full ready to go again. We have all ready heard of the kids we are able to bring comfort to. We will now take donations on an ongoing basis of toys of all sorts and items that might interest early teens. In as much as possible we would like to keep these new. Please donate as the Spirit leads so we can impact lives outside of the studio. Just drop your stuff in the office.

Thank you and God bless.

Items that were suggested by the Sedation Unit:

Stuffed Animals (these can be used but must be excellent condition), Match Box cars, bubbles, Lego kits, Polly Pockets, Color Wonder kits, movie tickets or passes, cell phone cases, DVD wallets, Beanie Babies, Nerf balls, guy's wallets, watches, lip gloss, necklaces, bracelets, Frisbees, any ball, tattoo's, fun bandages, sunglasses, any girly sparkly jewelry, dolls etc.

MINISTRY PAGE

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 or 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 7:45 to 9:00.



CHILDREN'S

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

Phil. 4:5

The topic for the month is "anger".



WOMENS

May 27th, Ladies Prayer Time, was a "no-show" for our first meeting. But that didn't stop me from praying for you! Be it solo or with a packed house, God knows the intentions of our hearts so I lifted requests for us all. I do hope you felt His blessings.

If you have an interest/idea please let me know.

In the meantime, all you lovely and spirit-filled ladies, please mark your calendars to come pray with me on July 22nd from 4:45p-5:30p. Come rain or shine, we'll pray that day! Rain we're indoors, sunshine we're out.

"Together we shall lift our praises & requests to the Lord!"

Thank you all and may God Bless your day.
Joy Dahlquist

MENS

Looking for men who wish to get together to have some fun and fellowship. If you have an idea, or would like to schedule a men's get-together or event to have either here or elsewhere, please contact Mick Setsma at kyosamick@crusadermartialarts.net.



Good Eating!



Restaurant of the Month

Jian's, formerly Lobster House, located on S. Division before 44th Street, is a nice, charming restaurant with quality food for a cheap family price.

Lunches come with egg roll, crab cheese, and the lunch itself for \$4.80 plus tax.

See menu's on bulletin board.

SCRAP-BOOKING

Will meet again in the Fall.

Director Lisa Smith



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

ENJOY!

Norwex Cleaning Party!

Interested in cleaning your house without all the chemicals & smelly cloths?

Jaci is hosting a Norwex Cleaning Party on **Thursday, July 16th at 7pm** at the studio, in the Parent's Lounge.

Laura Hartness is the representative of Norwex and will be discussing as well as demonstrating how Norwex Products works. The studio is now using these products.

Anyone is welcome to come, no purchase is necessary. Sign up sheet by sign in table.

GOT A NEED, FILL A NEED

Need:

- Woman's bicycle. Please see KyoSaNim Jaci.
- Dishwasher. Please see DoJuNim Bill.
- Full mattress/box springs. Please see DoJuNim Bill.

FITNESS PAGE



Your New Fitness Instructor

Hey there!

Are you looking to start a fitness program or for something new to recharge your workout routine? My name is Deborah MacDonald and I am here to get you motivated! I am an AFAA certified Group Exercise and Kickboxing instructor, a NASM certified Personal Trainer, and a recently certified Zumba instructor and am really excited to help anyone feel and look better through exercise. I am going to be offering a series of classes at Crusader Martial Arts geared toward your interests, whether that be in a group setting or one on one. Let Jaci or I know what you are looking for, and we can get you started on the path to a healthier you! I look forward to meeting you!

Deborah MacDonald
446-1427 (cell)
yebso@ix.netcom.com



COMING IN AUGUST!

FREE MONTH OF AEROBICS CLASSES!

During the entire month of August we will be having **FREE** Aerobic Classes for everyone to try out—you do NOT have to be a karate student, this is open to the public.

Each week will be something different - this is open for women AND men!

Once you tried it, please fill out survey and turn in by August 24th.