

Crusader Martial Arts



Crusader Martial Arts
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JUNE NEWSLETTER

President / Chief Instructor

Bill Church

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Director of Operations

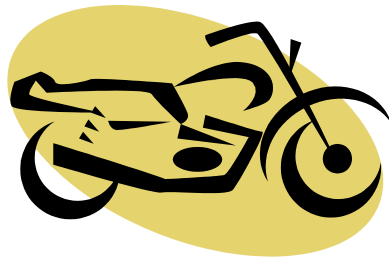
Jaci Kinner

Crusader Blessing of the Bikes Run

Saturday, June 6 at 11am

Bring your motorcycle and come for prayer, fun, fellowship. We are planning on a two-hour bike run around town. Entry is a 12" min unwrapped NEW stuffed animal that we will donate to DeVos Children's Hospital. Please see DoJuNim Bill for more details.

Open to Crusader Students, Parents, Family & Friends.



Staff / Ministry Leaders

Event Coordinator

Trinda DeJong

Teen Ministry Leaders

Nick Betz & Annette Hollstein

Men's Ministry Leader

Mick Setsma

Children's Ministry Leader

Lisa Smith

Women's Ministry Leader

Joy Dahlquist

Prayer Warrior Captain

Mick Setsma

2ND MANDATORY MEETING

-For those who are testing for 1st degree BB in July, must attend Monday, June 15th **MANDATORY MEETING 6:30PM**



June Events

6th-Blessing of the Bikes 11am

13th—Police Tactical Training
9am—4pm

15th-2nd Future BB Meeting Mandatory
Meeting 6:30pm

17th—deadline to sign up if NEED
Keebong

20th- Weapons Class

25th—deadline to sign up if HAVE
Keebong.

27th—Keebong Seminar—12pm—2pm

July Events

11th—2nd/3rd Degree BB Test

15th—Black Belt Pre-Test 6:30pm

18th—1st Degree BB Test

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

25th—Crusader Family Potluck
2pm—4pm-Opening with prayer, grudge
matches, demonstrations
4pm 0 530-Eat
5:30pm—Awards, belt ceremony

August Events

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

1ST-Deadline to turn Survey in for
Physical Fitness Classes

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

September Events

CLOSED SEPTEMBER 5TH & 7TH
DUE TO LABOR DAY HOLIDAY

Crusader FamilyPotluck

It is Crusader's custom to hold a Potluck every six months to honor those who have tested for their Black Belt.

Remember this popular event is open to everyone in the studio and you are more than welcome to bring friends and family. If you plan on coming to the potluck make sure you bring your dreamy dish that people rave about, or your summery salad, or your delightful dessert or your punchy punch to pass around :o)

This July's Potluck will have 40+ students receiving Black Belts. If you would like to help out, showcase your talents, do grudge matches, please see DoJuNim Bill.

2nd Annual Grilling Competition

Open to all parents, students and staff! Anyone willing to take on last year's 2008 Grilling champ, Floyd Love, are welcome to do so this year at the July 25th Potluck from 2pm—4pm!

Rules are to bring your own grill, food, utensils, plate, fuel, charcoal.

Winner will receive a certificate to take home and one to hang on Crusader's Wall, bragging rights for 1 full year, plus a TROPHY!

Sign up sheet is on "Potluck Bulletin Board". [Deadline for sign up is Saturday, July 18th.](#)

DEMONSTRATIONS

Open to all students of all ranks! Can be individual and/or group. If want to perform musical talent - please see DoJuNim Bill. All demonstrations must be pre-approved by DoJuNim. Sign up sheet out front! [Deadline July 18th to sign up.](#)

GRUDGE MATCHES

Open to every student and belt rank! You may challenge any student of any rank to a forms, sparring, weapons, yelling, breaking, grappling (black belts only) and anything else (can be goofy, silly, serious, drama, etc) you can come up with competition and that student must accept - NO EXCEPTIONS! Declining the grudge match makes you lose face and lost match. Bragging rights to winner for 6 months! Sign up sheet out front! [Deadline July 18th to sign up.](#)

Keebong Seminar

Open to the public!

Our next Keebong Seminar will be held:

June 27th, Saturday
12pm – 2pm.

Cost is: \$15 if need a Keebong
\$10 if have a Keebong

OPEN TO PUBLIC!

Deadline for those needing a Keebong will
be **Wednesday, June 17th**

Deadline for those who **have** a Keebong will
be **Thursday, June 25th**.

Need minimum 10 people to hold it.

Police Tactical Self Defense Training Seminar

August 22nd

9:00AM—4:00PM

This is a two part 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 for both days, certification and space is limited to 12 students. If demand allows we will have two classes running one after another. Please see DoJuNim to sign up.

I wanna get Physical...Physical"

(song by Olivian Newton John)

Coming soon after Labor Day our very own Christian Certified Personal Fitness Instructor! This is open to students and the public!

Each month will be a different workout to keep things fun and exciting! Such workouts can be straight cardio, cardio with weights, yoga, dancing/zumba, etc. There is a survey that needs to be filled out by anyone who is interested and needs to be turned in by **August 1st!**

Your input is very important as it will help contribute to what days, times and costs will be set for the class. More details coming soon in July and August Newsletters!

Event Coordinator

Unfortunately, we will be losing our Event Coordinator this July and are seeking a new individual who has a special skill and talent in this area. This is a volunteer position only.

If this interests you, please see DoJuNim Bill.



April Showers, bring May flowers!

Do you LOVE to garden? Our front building needs some tender loving care from those who have a passion for this and would like to make the building look more 'welcoming'. Even if it's 'fake' flowers and or trees, we'll appreciate it. Your special loving touch will make this place feel more special to everyone who gets a chance to enjoy it!

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.

We have looked into different ways to clean naturally and the best we have found is the Norwex products, A mini brochure will be hanging on bulletin board that explains their products.

KFCF TOURNAMENT

Coming to a studio
near you!

Month of
September

Crusader Classifieds:

Needed:

- bookshelf, wall or corner shelving for 20+ pictures, kitty tree, woman's bicycle, patio chairs. Please see KyoSaNim Jaci.

For Sale:

- Entertainment center \$20. See Jaci.

Norwex Products

Interested in cleaning your house without all the chemicals and toxins? Tired of spending and wasting money on paper towels, cleaning solutions and bacteria smelling sponges?

Then Norwex is your answer! Norwex uses microfiber cloths that have silver built into the cloth so it helps collect 99.9% of all bacteria without transferring them to another surface, and most importantly, your hands. In addition, you do not have to use cleaners, solutions—just use water!

Do you wish to learn more on how this is possibly done?

Laura Hartness who has a son that attends karate, is a Norwex representative that can answer all your questions! You can contact her via email: norwex2clean@gmail.com.

Do you wish for a Norwex Product Party to be held here at Crusader? Please let Jaci know and what day/time works.