

Crusader News

VOLUME 10, ISSUE 10

OCTOBER 2009

UPCOMING EVENTS

- 3rd— Kick/Strike-A-Thon 1pm—4pm
- 7th—Demo Roger Heights CRC
- 14th—BB Pre Test 6pm
- 15th—NO BB CLASS
- 31st—CLOSED
- **NOVEMBER**
- 7th—Family, Adults, Senior Test—9:00 am; NO FAMILY CLASS
- 7th—Tune Up Test 1:30 pm
- 14th—Kids/Minis Test 9:00am; NO KIDS/MINIS CLASS
- 26th—28th CLOSED

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KICK/STRIKE —A-THON

This event is to help raise funds to purchase new karate equipment such as tumbling mats, focus pads, kicking shields, striking mitts, clappers, etc.

A majority of our equipment is over 10 years old and is showing a lot of wear and tear.

What the students need to do is get as many people to sponsor them for a certain price per kick/strike or a one time flat donation fee. The student then comes to the event, does as many kicks/strikes as they possibly can—they must find their own counter. The counter tallies up how many they did and the student then goes back to their sponsors to collect the donation(s).

The students are also handing our Crusader brochures and “2 Free Lesson Cards” to the sponsors as a way of saying “Thank You”.



On October 3rd, we will be having other events such as “Throw a pie at Instructors”, egg race, sack race, water balloon toss and coin challenge.

All relay races are .50 per person, per race. Pies and bidding wars as well as the grand finally of shaving DoJuNim's head starting bid at \$100, Jaci's for \$50 and Travis for \$50—we already have 1 person bidding at DoJuNim's price, you must out bid.

The coin challenge is to see who can raise the most money by collecting coins to go towards new equipment. Winner receives a prize.

Our goal is to raise \$2,000! Event starts at 1pm—4pm.

Largest Keebong Seminar

On September 26th, we had the largest Keebong Seminar ever! We had a total of 44 people—which included students, parents, friends, neighbors, co-workers, and a few that took it as a refresher.

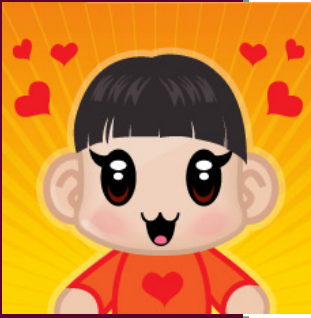
High energy was everywhere, but most especially the “AHHH, OUCH,” followed by laughter and bruises was the highlight!

Many people were astonished how this little device could bring a huge opponent down and were

having tremendous amounts of fun!

We thank everyone who attended this seminar and we hope you enjoyed it as much as we enjoyed teaching it!

Children's DeVos Sedation Unit



Thank you everyone for taking your time to donate to the Children's Sedation Unit, you alone have impacted over 300 lives already! WOW!

We have received a regulation update from the unit, and due to numerous children who have allergies as well as hospital policies, all donated items such as toys/stuffed animals/dolls, must be brand new with a tag on it.

Those who wish to still donate good/excellent used toys, stuffed animals/dolls, please continue to bring them in as we can send them to the children at Metro Ministries located in the worse part of downtown New York where these children literally have nothing, let alone lucky enough to receive Christmas presents.

We thank each and everyone of you for giving from the bottom of your heart— the children really appreciate it!

Know that you have sowed a seed into a very precious life!

"For the Lord will be your confidence and will keep your foot from being caught"

Proverbs 3:26

Ministry Programs

The Teen Ministry has started back up on every third Thursday of the month, evenings from 7:30pm—9pm.

Open Ministry for men and women. First meeting will be on Wednesday, Oct. 7th 10:00am—11:30am. Bring a snack for yourself or to share.

Scrapbooking has returned and meets every 3rd Friday of the month. Please call or email your RSVP. Meets from 6pm—11pm, \$2 entry/donation fee. Bring a snack to pass.

Proshop **SALE!**

Help us to serve you better by filling out a Proshop Survey form letting us know what items, snacks, drinks you would like to see made available to you.

Deadline for Survey forms: October 30th.

Items on sale 75% OFF located in "discontinued cabinet". In order to make room for the items you want, **EVERYTHING** in that cabinet **MUST GO!!** Sale is ongoing until its gone!



Attention Black Belts.

In order to be fair and to follow procedures as I have set down, please be aware that every Black Belt, regardless of rank, must be in their base classes **AND** a Black Belt specific class with at least 75% attendance between pretests in order to pretest or for dan increase testing. I understand school, family, job, and general life responsibilities and we will try to be understanding but it is not fair to others that are working hard and following procedures to allow much leniency in this regard. Rank increase is an honor not a gimme.

Words of Love



I know the world whispers in your ear that what you possess defines who you are, and what you look like determines your worth. This is a lie, my child.

I will never leave you nor forsake you!

The generations to come will never remember you for the things you accumulate or the efforts you placed in your appearance. In fact, the harder you strive to collect more things and to perfect your image, the more insecure you will be about who you are and why you are here.

I am in you and you are in Me. I will give you all that you need.

Now go and walk through your world in the confidence that I've uniquely equipped you with all you need to impact the lives of those around you forever!

Love,
Your King and your confidence

"Love letters from your King"
By Sheri Rose Shepherd
page63

"If then you were raised with Christ, seek those things that which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth."

Colossians 3:1-2

Have a Need, Fill a Need

NEED

- Gas stove
- Used car
- Couch
- Queen & full size mattress/box spring

Talk to Bill or Jaci in office.

SELLING

- Single waterbed—contact Heather Lobbezoo.
- Lazy boy Couch—2 recliners at end. \$80. Great condition. Jaci.

Haisma's Hair

Want great looking hair for a great price?

Melissa Haisma has her 2 kids coming here at Crusader and she is a hair stylist!

Cuts starting at \$20
Color/Highlights—cost varies

Done in her own home in Grandville. Call 531-1254 to set up your appointment!

Jacket Season

Jackets will be required to wear starting Monday, October 5th.

2010 Schedule

Testing and Class schedules are out by the sign in table on the wall.

BB MANDATORY MTG'S

For those testing for 1st Degree Black Belt this coming January—you must attend **BOTH MANDATORY** meetings.

For those testing for 2nd Degree Black Belt in January you must attend the **1st Mandatory Meeting**.

In these meetings you will receive your testing packet, expectations & protocol of the test, get sized up for your belt and uniform as well as cover any questions you may have.

Dates are Thursdays Nov 19th & Dec. 10th @ 6pm SHARP!!

Holidays

October 31st—CLOSED

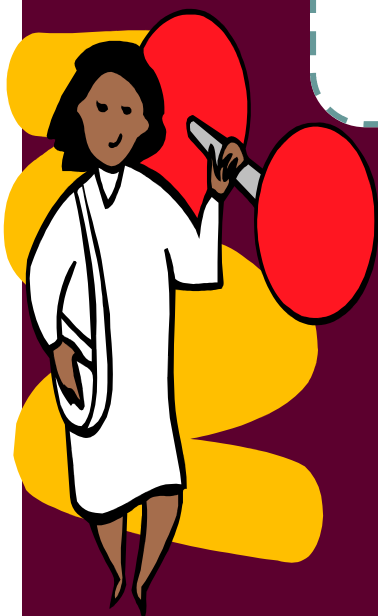
November 26—28: CLOSED

December 24th—January 1: CLOSED

Mid week Work out—30th. 10am—12pm



1st Crusader Family Calendar!



*“Do not be only
hearers of the
word, but doers.”*

Book of James

2010 Crusader Family Calendar

As most of you know, I sent a mass email out on Thursday, Sept. 24th discussing an idea to have a “Crusader Family Calendar”.

We would like to get pictures of all our Mini’s and their Instructors, all Kids and their Instructors, Family, Adult and Kung Fu w/ their Instructors. In addition get all Instructors only and EVERY black belt as a picture to put in our calendar.

Then we will ask family members of the students to join in the photo.

We are looking to get these pictures done on testing days,

Oct. 14th—BB

Nov. 7th—Family, Adult, Senior, Tune-Up

Nov. 14th—Kids/Mini’s.

We need everyone there no later than 30-45 minutes **BEFORE** the test. If you are not there and photos are done, we apologize, but will not do “make-up” photos.

So if your test starts at 9am—be there by 8:15 or 8:30am.

We are asking everyone who wishes to participate in getting their photo taken, to sign a Photo Consent Release Form. **Deadline is Nov. 1st.**

There is a sign up sheet on the Events Bulletin Board where you can Pre-Order your calendar for \$10!!!! \$5 Savings!

Deadline is Nov. 14th.

Pampered Chef Party

Thursday, October 22nd at 6:30pm.

We will be eating, drinking punch, and having fun! You do NOT have to buy anything, just come for the fun of it!

Order now or later if you want at:

www.pamperedchef.biz/kelsokitchen

Click “shop online”, type hosts full name “Jaci Kinner”

RSVP if you are coming—bring a friend—at 247-3868 or kyosajaci@crusadermartialarts.net.

Fall Backward

Turn clocks back 1 hour November 1st.

Extra hour of sleep—hoorah!!!

JEWELRY

For those of you who were unable to make it to the Jewelry party back in September, you can still place your order.

Catalogs are located in the parents lounge—if you need an order form please see Jaci in the office.

We had a ton of fun at the last one and are scheduling the next one in March.

Muscles in Motion

Our cardio class will be moving to Monday nights starting October 5th from 6pm—7pm.

Deb MacDonald is a certified personal trainer and is awesome!!! I have participated in her class and she mixes up cardio, cardio with weights, toning and will now start to add Zumba! I was sore the next day but well worth it!

Her technique is great and personality upbeat! She knows what she’s doing! If you have a goal to reach she will get you there!

This is open to both men and women! If you wish to leave a “love offering” you are welcome to do so, otherwise the classes are free for October.

Bring a friend, try it out, fill out a survey and tells us what you think.

Mark your calendars, starting Oct 5th—Monday nights 6p—7pm.

See you there!!