

# HOW DO YOU GET YOUR KICKS? BUSHIDO KARATE

JULY/AUGUST/SEPTEMBER 2010

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THE BUSHIDO SCHOOL OF KARATE 53 Tarrytown Road/Route 119, White Plains, NY (914) 993 - 0400  
1511 Route 22, Brewster, NY (845) 279 - 8500  
www.BushidoKarate.com



Bushido's After School Karate Program has CUT PRICES in order to HELP YOU meet your CHILDS AFTER SCHOOL NEEDS.

The current economy has been rough on families, individuals and small businesses alike! We want to provide you an economical and SAFE environment for your child's after school needs while continuing to foster a disciplined and fun place for him or her to participate in Bushido Karate Classes!

Beginning September 2010 our prices for **A.S.K.** - INCLUDING TRANSPORTATION FROM YOUR CHILD'S SCHOOL - will be cut to **\$15 a day** for our current students attending eligible schools within a **10-mile radius of White Plains**, and **\*NEW IN SEPTEMBER 2010\*** all eligible schools in the **Brewster School District** .

Please help us by registering in advance! Speak to Sempai Schwartz if you are interested in enrollment and more information.



## Does your "gi" make Sensei's say "Oy!"?

Your gi, or uniform, has a lot to do with your training. A clean gi smells good and is much easier on your partners nose!

A properly fitted gi means your focus will be on your Sensei's and Sempai's; a gi that is too small is constantly being tugged on. And we know none of our students would want to wear a faded U.S.A. Flag patch ( a lot of people have worked hard for that! ), or ripped Bushido patches ( you've worked hard for those! )

Those folded cuffs on your pants need to be hemmed - your toesy-woesy's or someone else's can get stuck on all that extra material. OUCH! And CRACK!

Rolled up uniforms stuffed into your bag - clean or not - do not mysteriously unwrinkle and iron themselves in your Karate bag. ( Too bad! Although the dryer sheets peeking out of some students sleeves do lend themselves to masking the odor from some of those Karate bags.) And speaking of those odiferous Karate bags...well, you get the point.

OSU

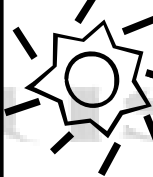
Thank You! With your help our June 5<sup>th</sup> Fundraiser raised \$2,103.00 for Daniel's Wish For A Cure Foundation!

## **3-Month Conditioning & Self-Defense Program for Teens & Adults**

- Train in Beginner Level Karate Classes 2 times each week
- Join us for either morning or evening Cardio Kickboxing or Bag Training
- Learn basic self-defense
- Watch and feel your body change in just 3 months!

**Just \$299, including a Bushido Uniform!**

Bushido's



# **Annual Picnic!**

Sunday, August 22<sup>nd</sup>, 11:00 a.m. 'til...

Tymor Park, Lagrangeville, N.Y.

Take a road trip with the family and enjoy a day of BBQ, Swimming, Volleyball, WaterGuns...and

Training for the **WHOLE FAMILY, too!**

We rent the grill's - BYOB

Bring Your Own Burgers! )



## White - Red Belt Test Prep Seminar's

Seminars are held IN THE SCHOOL where the PROMOTION TEST is being held.

Student's recommended by a Sensei; student's with 3 stripes and a strong knowledge of his or her techniques; Brown Belts, and *ALL STUDENT'S WITH 4 STRIPES* are expected to attend these seminar's. *Train with fellow students at the same level and become more confident in your abilities!* \$30.00 per Seminar, \$50 for 2 or more Seminar's per person  
Upcoming Seminar's : Sunday, August 1<sup>st</sup> in White Plains and Sunday, September 19<sup>th</sup> in White Plains

# PROMOTION TESTS

**Saturday, August 7<sup>th</sup> in White Plains**

**Saturday, September 25<sup>th</sup> in White Plains**

**All students with 4 stripes are expected to test! Do Your Best!**

**Tests start promptly at 10:00 a.m. ; arrive by 9:30 a.m.!**

## “Education Night” : Self-Defense 101

Friday, September 24<sup>th</sup>, Location To Be Determined

\*Self-Defense 101 is MANDATORY for all Black Belts

training in Adult Classes, Cost: \$69

## **“TRAIN-WITH-A-FRIEND” WEEK’S!**

**August 9<sup>th</sup> - 14<sup>th</sup> and September 20<sup>th</sup> - 24<sup>th</sup>**

**Student's may bring a friend to a Beginner Level class!**

**Student's under 18 MUST have signed parent's permission prior to their class! Please ask for info!**

## BLACK BELT SEMINARS

For the JULY 17<sup>TH</sup> Black Belt Test:

*Seminar II*, Sunday, July 11<sup>th</sup>, CANDIDATES ONLY

For the NOVEMBER 10<sup>th</sup> Black Belt Test:

*Seminar I*, Sunday, September 26<sup>th</sup> - Brown Belts &

All candidates for the November 10<sup>th</sup> test

## BLACK BELT TEST

SATURDAY, JULY 17<sup>TH</sup>

THERE ARE NO REGULAR CLASSES

THIS IS A CLOSED TEST; RED BELT'S & HIGHER RANKS ARE EXPECTED TO ATTEND,  
AND FAMILIES OF THOSE TESTING ARE INVITED TO ATTEND.

## Little Eagles, Just for Toddlers 3 to 4 Yrs!

\$139.<sup>00</sup>, Uniform Included!

Classes meet every WEDNESDAY for 6 weeks \* 2nd Family Member & Bushido Family Member discounts!  
(Little Eagles is on "Summer Break"! ) Next Session Begins September 8<sup>th</sup>, 2010

*There will come a time when you think everything is finished. That will be the beginning.*

– Louis L'Amour

**Congratulations** to the following student's promoted since April 2010!

**ORANGE BELTS** Sebastian Aranda **BLUE BELTS** Christopher Bisignano, Nick Buccheri, Taylor Buccheri, Fernando Alava, Joseph Rickles, Amanda Marsh, Juilene Gabriel, Matthew Dimovski, Prajin Uttamchandani, Gunnar Gabriel, Victor Farias, Gabriel Freeman **YELLOW BELTS** Andrew Park, Solomon Hess, Emma Litchfield, Mona Patel, Isabella Ostojic, Anthony White, Kaitlyn Park, Angel Bookal-Starke, Hunter Oswald, Arianna Ostojic **GREEN BELTS** Simone carcer, Daniel Aurigemma, William Prout, Lauren D'Addona, Juliette Walters, Joseph Calandrucci, Suvan Akula, Daniel Lisboa, Christopher Alberti, Matthew Knapp, Isabella Smith, Ivan Hernandez, Vishnu Srinivas, Kate Trujillo, Mika Stetson, Glenn Butler, Nicholas Thiel-Hudson **RED BELTS** Alex Brenlla, Jade Carbone, Isabella Shender, Matthew Encarnacao, Caylee Premoli, William Stetson, Miguel Gomez, Steve Lavoie, Nicholas Liveris, Alexis Galaz, RJ Hargrave, Jennifer Gomez, Harry Liveris **BROWN BELTS** Amanda Mihalco, Sara Reiner, Andrew Mesquita

### **Special Congratulations to our newest Instructor, Sempai Schwartz!**

BUSHIDO IS CLOSED, OR THERE ARE NO REGULAR CLASSES ON THE FOLLOWING DAYS:

#### CLOSED

4<sup>th</sup> of July: Saturday, July 3<sup>rd</sup> – Monday, July 5<sup>th</sup>

Summer Vacation: Saturday, August 29<sup>th</sup> – Monday, September 6<sup>th</sup>

#### NO REGULAR CLASSES

Black Belt Test in White Plains, Saturday, July 17<sup>th</sup> \*NO CLASSES\*

Promotion Test in White Plains, Saturday, August 7<sup>th</sup> \*NO CLASSES\*

Promotion Test in White Plains, Saturday, September 25<sup>th</sup> \*NO CLASSES\*

BUSHIDO'S POLICY ON MISSED CLASSES We encourage students to maintain a consistent schedule, however, when they are unable to do this because of changes to Bushido's schedule, we will always permit students to re-schedule his or her missed classes. Please call us if you will miss a class due to illness or vacation. In these instances, we ask that you simply return to your normal schedule of classes.

*We must never be afraid to go too far, for success lies just beyond.*

– Marcel Proust

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>JULY</b>				1	2 WOODBREAKING	3 CLOSED 4 <sup>th</sup> of July
4 CLOSED 4 <sup>th</sup> of July	5 CLOSED 4 <sup>th</sup> of July	6	7	8	9	10
11 BB Seminar II	12 <b>K i c k i n ' - S e s s i o n I</b>	13	14	15	16	17 Black Belt Test In White Plains
18	19 <b>K i c k i n ' - S e s s i o n I I</b>	20	21	22	23	24
25	26	27	28 <b>Jr. B.E.S.T.</b>	29	30	31
<b>1 August</b> CB Seminars In White Plains	2	3	4 <b>Teen B.E.S.T.</b>	5	6	7 Promotion Test in White Plains
8	9	10	11	12	13	14 <b>B.E.S.T. Adults</b>
15 <b>B.E.S.T. Adults</b>	16	17	18	19	20	21 Half-Day Karate Camp in Brewster!
22 <b>Bushido Picnic!</b>	23 Begin ordering wood	24	25	26	27	28
29	30 CLOSED for VACATION	31				
<b>September</b>			1	2	3	4 CLOSED for VACATION
5 CLOSED for VACATION	6 VACATION	7	8 Last day Little Eagles to order begins in Brewster & WP!	9 wood	10	11
12 Route 22 Clean-Up!	13 <b>W O O D B R E A K I N G</b>	14	15 <b>W E E K</b>	16	17	18 Movie Nite in White Plains
19 CB Seminars In White Plains	20	21	22	23	24 Education Night: SD101	25 Promotion Test in White Plains
26 BB Seminar I	27	28	29	30		