

Red Dragon Martial Arts Academy Newsletter (beta)

November 8, 2010

Welcome to our first monthly newsletter from Red Dragon Martial Arts.

It has been an eventful October!

Belt Testing:

We are proud to present one new Black Belt as well as three new 2nd Degree Black Belts at Red Dragon! Congratulations on the new belts. We know you put a lot of work and effort into becoming a black belt and going beyond that.



From left to right: Master Instructor Sifu John Jager (5th degree black belt), Cody Paske (2nd degree black belt), Jared Holl (2nd degree black belt), Dan Holl (2nd degree black belt) and Ella Cashman (1st degree black belt).



Kids Class & Teens

Our kids class had a big group up for promotion, whereas our teens & adults class only had two new students up for a new belt, therefore we combined this month's belt test to one large group. Don't think though that our teens didn't get a workout for their new belt, there are not only physical hardships to overcome, but also the practice of patience, endurance and concentration.



Back Row: Marirose Miller (Yellow belt), Jacob Jones (Yellow belt), Clancy Albers (Orange belt), Ethan Markley (Green w/Brown Stripe), Tim Garman (Purple Belt), Eli Hannah (Yellow Belt)

Front row: Pietra Viera (Yellow belt), Bonnie Rech (Orange Belt), Brandon Breunig (Blue w/Green Stripe), Everett Buol (Blue belt), Sydney Martin (Orange Belt), Johan Morano (Purple belt)



Little Ninjas



Left to right: Master Instructor Sifu John Jager (5th degree black belt), Austin Kaukl (white with yellow stripe), Ethan Jones (white with orange stripe) and Addison Markley (white with blue stripe).

Congratulations to you all!



Of course we cannot forget about Halloween the most fun day in October. We usually hand out candy and cards for the studio, but this year we decided to break that tradition and instead organized a fully-fledged *Haunted House* for everyone's entertainment.

It was a great success and the positive responses we've received were amazing so we have decided to make this a new annual event!



Above - The Haunted House Scare Crew



Another annual event is our Halloween classes during the week of Halloween.

Children and adults alike are encouraged to come to class all dressed up in their costume and have a fun time. The Little Ninjas and kids class had the pleasure of earning candy through some playful activities during class.



Make sure not to miss this event next year.



Cardio Kickboxing

Last but not least let's talk about our Cardio Kick boxing class.

Fitness is a big part of our lives and we always strive to improve it. Cardio workout gives you more energy, helps you expand your endurance and of course increase your fitness.

But let's hear from one of our students and her success in changing her life with the help of our cardio kickboxing program.

Jessica Yanke has been a cardio kickboxing student since June 2009 and has consequently joined our karate and weapons class.

"I started Cardio Kickboxing in June 2009 to try it out to see if I would like it. I really got into it in September, changed up my diet some and started going every night to classes. The weight started to drop off of me and I have been getting more toned up. I have lost about 30 pounds doing the class! I have dropped 7 pants sizes too! I have joined the Karate class also since joining the Cardio Kickboxing class and absolutely love it! It is a workout in itself doing the Martial Arts!"



Before



After



Editor Notes:

If you like the newsletter and want us to make this a continuing monthly newsletter, please send us some feedback about what you liked and what you would like to see in this newsletter to

redragon.saukprairie@gmail.com

Also this will be a subscriber only issue; if you wish to receive this newsletter every month please mention this in your email and I will add you to the email address list and you will automatically receive the newsletter.

Thank you for your participation.

Sebastian Zang , Editor

