



NEWS TO YOU



November 2005

2005 SUPER TEST:

Congratulations to all students who participated in the recent Super Test. Several comments were made about the great quality of the Martial Arts displayed that day. Keep up the good work. Here is a special congrats to those awarded new Black Belts:

Rev. M. Swiatek 1st Dan
Mr. C. Swiatek 1st Dan
Mr. A. Grosjean 1st Dan
Mr. J. Horsch 1st Dan
Mr. A. Kudray Bo Dan

New SOF Web Site:

The Shield of Faith Karate web site is currently being updated to better serve students. One of the new features will include a calendar showing class times and up-coming events. Look for a launch of the updated site some time in December. In the meantime you can visit the current site at www.shieldoffaithkarate.com

Hygiene Tips for Training:

We all know that training in the martial

arts is at times a very physically demanding exercise. We also know that we are all created differently and therefore respond differently to the demands of aerobic exercise. If you are a person that perspires heavily during demanding exercises, it would be wise to invest in some sweat bands for the wrist and head. We all love sharing, but some things are just too personal to share ... sweat is one of those things. Remember, when purchasing attire only students attaining the rank of black belt should wear black items.

Open Training Benefits Students:

This year has seen open training added back to the CMAF program. Open training is open to all CMAF students and is held on Saturdays at the Troy location from 11:00 am – 12:00 pm except on the 2nd and 4th Saturdays when it is held at 12:00 pm – 1:00pm. The freedom to work on whatever a student needs has helped several students sharpen their skills. If you have not yet tried

open training, make it a point to drop in. Could be a great activity during the cold months of winter.

End of Year Sparring Tournament:

The Calvary school is going to sponsor the end-of-year tournament. Look for more information to be announced soon. Remember, boxing gloves will be a requirement to enter. They will also be a requirement for all students to spar during class. Make sure to get your orders in soon. Might make a great Christmas Present.

December 16th is the Christmas Party:

Mark you calendars! The 2005 CMAF Christmas Party is coming soon. The Christmas Party is the last CMAF event of the year. It is always a great time to fellowship and reflect on the year we have experienced. Take the time, make the effort and attend with the whole family. More to come...