

THE Basics

MONTHLY NEWSLETTER



February 2012

Empowering the Mind, Body and Spirit

What's New?

Saturday Class Schedule Change

Effective Immediately 11:15 am Moves to 10:30 am

Please be aware that the regular Saturday 11:15 am classes are moving to 10:30 am. Special classes, seminars and power classes will typically be at 11:15, as announced. Occasionally, our class schedule changes without notice so please be sure to confirm classes on the website. Thank you for your patience.

Saturday, February 4th at 11:15 am White and Orange Belt Power Class

Come to this special class designed to have all the same color belts in the same class for maximum information, energy and team building. Sign up at the Front Desk.

Friday, February 10th at 6 pm Bo Staff Seminar

Free! Taught By BKJN Cody. For BBC and MC only. Sign up at the Front Desk.

Saturday, February 11th at 11:15 am Sunnyvale Demo Team Tryouts

By invitation only.

Friday, February 17th at 6 pm Tournament Prep

All belts welcome. Sign up at the Front Desk.

Saturday, February 18th at 11:15 am Adult 18+ Grappling Seminar

Free! For BBC and MC only. Taught by KJN Riz. Sign up at the Front Desk.

January In House Sparring Tournament Results

Thank you to everyone who competed in last month's sparring tournament. Congratulations to the following students who placed in the tournament:

1st Place Winners:

Justin Alino, Adrian Alvarez, Sabrina Barata, Gregory Brown, Erwan Fraisse, Corey Fujii, Zoe Hahn, Preeti Kulkarni, Kira Lapidis, Joshua Mumford, Sean Murray, Siddhant Pratap, Ashok Ramkumar, Rishika Rawat, Vijaya Vegesna, Arthi Vijayakumar

2nd Place Winners:

Maxwell Arcinas, Eric Brunemeir, Camille Goldman, Jeremy Hahn, Pradhan Hararan, Kaustubh Harnoor, Patrick Hecht, Tamia Hodges, Max Latysh, Katie Lee, Priya Rai, Yashvi Rawat, Anish Sao, Maya Suresh, Misha Suresh, Kaushik Tota

3rd Place Winners:

Sanjana Altekar, Nadav Ben-David, Anjan Bharadway, Ryan Fujii, Abhinav Gokhale, Parshva Jain, Sarah Katsev, Abhay Kopardekar, Anjana Praveen, Rishi Ramaratnam, Nolan Shinmoto, Grant Skinner, Riddhi Somani, Aadi Sudan, Wendie Zhang

4th Place Winners:

Aditya Gupta, Zachary Hinz, Navaneet Kadaba, Nashant Kandel, Rucha Kopardekar, Abhinav Kotra, Roberto Leone, Emma Lundberg, Ajay Moturi, Neha Obilisetty, Satyansh Rai, Sreeja Tirunamala, Akhilesh Vemuri

Warm Clothing Drive A Success!

Thank you to everyone who brought warm clothing to last month's in house tournament. We collected 15 bags of clothing that were donated to the Sunnyvale Shelter.

Saturday, February 25th West Coast Tournament At Lynbrook High School - SV School will be open

Forms are at the Front Desk. Last day to sign up is **Wed, Feb 22nd**.

February Testing

BLUE TAPE (Adults will test according to your belt color)

MONDAY, February 20th:

5:15 pm – Black Belt Candidate Pre-Tryouts

6:45 pm – 1st Degree Black Belt Prelims

TUESDAY, February 21st:

6:00 pm – 1st Degree Black Belt Prelim

7:30 pm – 2nd & 3rd Degree Black Belt Prelims

WEDNESDAY, February 22nd:

6:45 pm – 1st Degree Black Belt Prelims

THURSDAY, February 23rd:

6:00 pm – 1st Degree Black Belt Prelim

7:30 pm – 2nd & 3rd Degree Black Belt Prelims

FRIDAY, February 24th:

3:30 pm – White, Orange and Gold Testers

4:30 pm – Green, Purple, Blue and Blue I Testers

5:30 pm – Brown, Brown I, Red and Red I Testers and Red & Red I Maintenance Testers

Next Month's Testing: FRIDAY, March 30th

New color belts to be handed out immediately following your test!

TESTING APPLICATION - LATE FEES

This month's testing applications are **due Friday, Feb 17th**.

Applications received after this date will include a \$10 late fee.

This fee also applies to Black Belt Prelims.

TESTING MAKE-UPS

Gold through Brown Stripe make-up tests must be scheduled like private lessons at \$25 for a half hour.

Maintenance Testing

Brown and Brown I: Maintenance Test on ODD months.

Red thru Red/Black: Maintenance Test on EVEN months

Upcoming Events

Please sign up at the Front Desk

Saturday, February 4th at 11:15 am

White & Orange Belt Power Class

Friday, February 10th at 6 pm

Bo Staff Seminar

Saturday, February 11th at 11:15 am

Sunnyvale Demo Team Tryouts

Friday, February 17th at 6 pm

Tournament Prep

Saturday, February 18th at 11:15 am

Adult Grappling Seminar. Age 18 and up.

Saturday, February 25th

West Coast Association Tournament at Lynbrook HS

Reminders

Please Drive Carefully!

Our parking lot is especially crowded these days.
DO NOT STOP IN FRONT OF THE SCHOOL TO DROP OFF OR PICK UP YOUR CHILD!

Be Aware of Theft in the Parking Lot!

In the past, car windows have been smashed and valuables taken.

Check Your Equipment Bag!

Please make sure you take your own equipment bag after class. Check to see if you have anyone else's equipment. Write your first and last name on your gear.

Vacation Reminder!

Email KJN Teri at teri@westcoastsunnyvale.com if you are going to be gone for more than a month. It may take extra time to get you caught up on curriculum, which moves your testing date out.

CONTACT US

KJN Teri Lee: teri@westcoastsunnyvale.com

KJN Riz Angel: riz@westcoastsunnyvale.com

SBN Jen Chou: jen@westcoastsunnyvale.com

Front Desk: frontdesk@westcoastsunnyvale.com

New Students

Diya Aggarwal, Sundeep Ammisetti, Ashwin Anugraham, Pallash Desai, Kinjal Goval, Cameron Kapoor, Sahil Malhotra, Harshita Mattapalli, Arpita Pandey, Akanksha Pandey, Harsh Patel, Juhi Patel, Aryan Patnaik, Kavin Pugazhenth, Lauren Shintani, Vikram Shirsat, Uday Shukla, Madison Smith, Alex Stavnitser, Rishab Virmani, Rohan Zamvar, Miles Zinn, Emerson Zufelt, Devyn Zufelt

Other News

Check Us Out On Facebook!

www.facebook.com/westcoastsunnyvale

If you like our page, give us a thumbs up!

When To Bring Your Sparring Gear

Please bring your sparring hands/boxing gloves every day! You will only need to bring full gear on Wednesdays, Thursdays, and Saturdays.

Sparring Gear & Sticks:

Please purchase sparring gear and sticks according to the chart below. Bring your sparring hands/boxing gloves every day! You will only need to bring full gear on Wednesdays, Thursdays, and Saturdays except during testing week.

White: Sparring Gloves **Purple:** Sticks
Orange: Chest Protector & Mouth Piece **Blue:** Shin Guards (Optional)
Gold: Sparring Feet **Blue I:** Forearm Guards (Optional)
Green: Head Gear **Brown:** Boxing Gloves

F E B R U A R Y 2 0 1 2						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Bring Your Gear	2 Bring Your Gear	3	4 Bring Your Gear 11:15 am WH & OR Power Class
5	6	7	8 Bring Your Gear	9 Bring Your Gear	10 6 pm Bo Staff Seminar	11 Bring Your Gear 11:15 am Demo Team Tryouts
12	13	14	15 Bring Your Gear	16 Bring Your Gear	17 Testing Forms Due 6 pm Tournament Prep	18 Bring Your Gear 11:15 am Grappling Seminar
19 NO GEAR THIS WEEK	20 Test Review 5:15 pm BB Candidate Pre-Tryouts 6:45 pm 1 st BB Prelims	21 Test Review 6:00 pm 1 st BB Prelims 7:30 pm 2 nd & 3 rd BB Prelims	22 Test Review 6:45 pm 1 st BB Prelims	23 Test Review 6:00 pm 1 st BB Prelims 7:30 pm 2 nd & 3 rd BB Prelims	24 FEBRUARY TESTING No Classes	25 WC Assoc Tournament @ Lynbrook SV OPEN Bring Your Gear