

# PAMA Newsletter



August 2014

## Kids Character Development Theme of the Month: **FOCUS!**

### Kid Jitsu Review and Testing

Tue, Thur & Sat  
September 2nd, 4th, & 6th  
**Review Week**

Tue, Thur & Sat  
September 9th, 11th, & 13th  
**Belt Testing Week**

***Black Belt Club Theme  
Self Defense***



## Student of the Month

### Little Champions Kids-Jitsu

Matthew Howard, Yellow Belt

### Junior Champions Kids-Jitsu

Spencer Tschantz, Yellow Belt

### Adult Student Highlight

Matt Gross, White Belt

## Online Review Contest

Get Rewarded for  
Helping Us Out!

See a staff member today  
to find out how you can  
get a \$5 gift card to a  
Local business (ice  
cream, movie, coffe, etc.)  
just for giving us a re-  
view online and be  
entered into a raffle for a  
\$100 Amazon Gift card!



## Best of Best

Please vote for the  
Pendergrass Academy  
of Martial Arts for the  
best Martial Arts School in Town.



Please find your ballot in the Wake, Franklin,  
or Rolesville Weekly or online at:  
<http://www.wakeweekly.com/best-of-the-best/>  
Look under "For The Kids" to vote for Martial  
Arts.

## Academy Picnic



**When:** August 16th  
**Time:** 1-4  
**Where:** Pendergrass  
Academy

All students and  
family are invited to  
our 2nd Annual

Academy picnic for some good food and  
fun. This will be a pot luck event with a  
sign up sheet at the academy.

## Parent Participation Class

**When:** Tue  
August 19th  
Little &  
Jr Champs,  
Teens Regular  
Class Times



Parents are  
encouraged to come train with their  
child during their regular class.  
This is a great experience for both the  
Student and the Parent!

George Pendergrass Classic  
Brazilian Jiu Jitsu Tournament  
Sept 27th  
Benefiting Leukemia and  
Lymphoma Society



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PendergrassAcademyBlog.com