

PAMA Newsletter



September 2014

Kids Character Development
Theme of the Month:
Demonstrating Respect!

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
Secret Submission
Escapes



Student of the Month

Little Champions Kids-Jitsu

Alea Lester, Yellow Belt

Junior Champions Kids-Jitsu

Emily Cornell, Yellow Belt

Adult Student Highlight

Jay Yovanovich, Brown 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, coffee, etc.)
just for giving us a
review online and be
entered into a raffle for a
\$100 Amazon Gift card!

Reviews



Labor Day Schedule

No Day
classes but
Night Time
classes will
be at their
normal
times.



Muay Thai Guest Instructor

When: Wednesday Sept 17th
Time: 7:30pm (normal class time)

Scot Schwichow is the head instructor
and owner of Revolution Self Defense
Academy in Clayton, NC.

Mr. Schwichow will be stepping in as a
guest instructor for the night. We recom-
mend all Muay Thai students attend as
this will be a great learning opportunity.

Gustavo Machado Seminar

When: Saturday Nov 1st

Time: 11am-12pm Kids
12pm-3pm Adults

Cost:

(Pre-pay by Oct 25th)

Adults Pre-pay \$45, after \$60

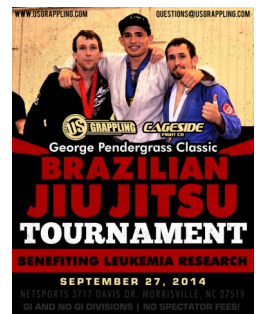
Kids Pre-pay \$20, after \$30

Gustavo will be teaching his
"Arm Hunter" Seminar.
Space will be limited to sign up
as soon as you can.

George Pendergrass Classic

Brazilian Jiu Jitsu
Tournament
Sept 27th
Benefiting the
Leukemia and
Lymphoma
Society.

Visit:
USGrappling.com For more Info



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