



## February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  Class	2	3	4 Class	5	6 Class
7	8 Class	9	10	11 Class	12	13 Class
14 Weapons 3:00 – 3:45 Inst. Workout 4:00 – 5:00	15 Class	16	17	18 Class	19	20 Graduation 1:00 pm
21	22 Class (bring a buddy)	23	24	25 Class (bring a buddy)	26	27 No Class
28						

Monthly information on back page

### Class Times

Class	Belt Ranks	Monday	Thursday	Saturday
Tiny Tigers	All	5:30 – 6:00	5:30 – 6:00	8:30 – 9:00
Beginners	W-O-Y Belts	6:00 – 6:30	6:00 – 6:30	Kids 9:00 – 9:30 Adults 10:00 – 10:30
Intermediate	C-G-P Belts	6:30 – 7:15	6:30 – 7:15	Kids 9:00 – 9:30 Adults 10:00 – 10:30
Black Belt Club	Int & Adv	7:15 – 7:30	7:15 – 7:30	9:30 – 10:00
Advanced	Blue – Red Belts	7:30 – 8:15	7:30 – 8:15	Kids 9:00 – 9:30 Adults 10:00 – 10:30
Black Belts	Red/Black – Black	7:30 – 8:15	7:30 – 8:15	Kids 9:00 – 9:30 Adults 10:00 – 10:30

### Private & Semi Private lessons available

Philips ATA Black Belt Academy \* 227 ½ Main Street \* Ames, IA 50010 \* 515-290-9075

[www.AmesATA.com](http://www.AmesATA.com)

## Important Dates in February

**February 1** – Star Night (normal class schedule) – Parents we need your help! Star night is an opportunity to reward and recognize Karate Kids and Tiny Tigers for demonstrating good behavior. Parents are encouraged to look for, praise and fill out a STAR CARD when you see examples of monthly values, good deeds and good or improved school work in their children.

**February 14** – Weapons class for all Black Belt Club members (3:00-3:45)

Instructor workout 4:00 – 5:00

**February 20** - Session Graduation – An opportunity for students to show off what they have learned over the last session. Please make sure all accomplishment stripes have been earned and student is registered. Family and friends are encouraged to attend. Registrations MUST be received by February 15<sup>th</sup>, start time 1:00.

**February 22 & 24**- Bring a Buddy week – Bring a buddy to class this week. Normal class times.

**February 27** – No class – Region 114 Black Belt Camp

~ Testing / Graduation Policy – To participate in graduation, you must be registered and paid by February 15<sup>th</sup>. All lesson, equipment and testing fees must be paid in full, or arrangements made with Master Philips.

~Monthly Value – Courtesy

**Announcements** – Please visit [www.AmesATA.com](http://www.AmesATA.com) for special announcements and schedule updates. This is where all weather related announcements will be posted. If you are on Twitter, follow us at [www.Twitter.com/AmesATA](http://www.Twitter.com/AmesATA)

**February Birthdays** –

28<sup>th</sup> Julie – Michelle Manohar

**Safety Gear** – Intermediate and Advanced classes: Safety gear is required for every class, please remember to bring your safety gear to each class. (Hand and foot pads, mouth piece and cup and supporter (males) will be mandatory, head gear, chest guards and face shields will be optional in class).

Did you know that you can contact Master Philips during the day at 515-290-9075 or by email at [kicks4fun2001@aol.com](mailto:kicks4fun2001@aol.com) ?

**Accomplishment Stripes** – Colored belt students will be able to get Accomplishment Stripes on their belts for the following accomplishments (only 1 stripe per night)

Tiny Tigers: **Red** = Red 1-step **White** = White 1-step **Blue** = Blue Form **Black** = Black Form

Beginners: **Red** = #1 1-step **White** = #2 1-step **Blue** = #3 1-step **Black** = Form

Intermediate and Advanced: **Red** = Boards **White** = Sparring **Blue** = Form

Black Belt Club: **Red** = Boards **White** = Sparring **Blue** = Form **Black** = Weapons form

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