



## July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Class	2	3 Class
4	5 Class	6	7	8 Class	9	10 Class
11	12 Class	13	14	15 Class	16	17 Class
18 Weapon Workout 3:00 Instructor Workout 4:00	19 Class	20	21	22 Class	23	24 Class
25 BB Workouts 10:00 1 <sup>st</sup> degree 10:30 2 <sup>nd</sup> degree 11:00 3 <sup>rd</sup> degree	26 Class	27	28	29 Class	30	31 Class

**Important information on back page – Please read**  
**Class Schedule**

Class	Belt Ranks	Monday	Thursday	Saturday
Tiny Tigers	All	5:30 – 6:00	5:30 – 6:00	8:30 – 9:00 AM
Beginners	W-O-Y Belts	6:00 – 6:30	6:00 – 6:30	Kids 9:00 – 9:30    Adults 10:00 - 10:30
Int/Adv - Kids	Camo-Black Belts	6:30 – 7:10 BBC -7:20	6:30 – 7:10 BBC -7:20	Kids 9:00 – 9:30    Adults 10:00 - 10:30
Int/Adv - Adults	Camo-Black Belts	7:20 – 8:00 BBC - 8:10	7:20 – 8:00 BBC – 8:10	Kids 9:00 – 9:30    Adults 10:00 - 10:30
Black Belt Club	Camo-Black Belts			9:30 - 10:00

**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 July

**5** – Star Night is an opportunity to reward and recognize Karate Kids and Tiny Tigers for demonstrating good behavior. Parents are encouraged to look for examples of monthly values, good deeds or improved school work in their children, fill out a star card located in the lobby and deposit it in the star box.

**18** – Weapons workout 3:00-3:45 Instructor Workout 4:00 – 5:00

**25** – Black Belt workouts (please see schedule for rank)

### ~Monthly Value – Goals:

~ Summer Uniforms - The 2010 Summer T-shirt are just \$10 and are ready to order! This is the preferred T-shirt to wear during class when the temperature is too hot for traditional uniforms. Traditional Uniforms must be worn at graduations.

~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, head gear and cup and supporter (males) will be mandatory, chest guards and face shields will be optional in class). See Gear special sheet

~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:	<b>Red</b> = Red 1-step	<b>White</b> = White 1-step	<b>Blue</b> = Blue Form	<b>Black</b> = Black Form
Beginners:	<b>Red</b> = 1-step # 1	<b>White</b> = 1-step # 2	<b>Blue</b> = 1-step # 3	<b>Black</b> = Form
Basic:	<b>Red</b> = Boards	<b>White</b> = Sparring	<b>Blue</b> = Form	
BBC:	<b>Red</b> = Boards	<b>White</b> = Sparring	<b>Blue</b> = TKD Form	<b>Black</b> = Weapons form

~July Birthdays - 10<sup>th</sup> Eva A. 18<sup>th</sup> Sarah B.

~Did you know Master Philips can be reached anytime at 515-290-9075 or email at [AmesATA@aol.com](mailto:AmesATA@aol.com)