**August Newsletter**

**Testing Dates:**

August 9-16th

**Closing Dates:**

Labor Day weekend September 4-6th.

**Word of the Month: Self-Discipline:**

In general, any sort of committed practitioner of the martial arts needs to develop awareness, focus/concentration, self-control, and self-discipline in order to have success in their training. That same awareness, focus, self-control, and self-discipline will benefit the student in all areas of their life. For children, **this means focus for better grades, commitment to following through on homework and projects, and awareness of their surroundings.**

**Back to School Enrollment Special:**

At Fit 2 Defend, we specialize in developing champions for the game of life. Students who are going through our program, or have gone through our program, are learning how to build confidence, leadership, and bully prevention skills.

T Spread the word about our Back to School Enrollment special to help give someone a great opportunity to start their own martial arts training.

**A one-time payment of $99 will give them 30 days of self defense classes, a free uniform with belt, and they’ll save $115. This offer only applies to new students and only the first 10 people will get the deal. Just have them email or call us.**

**New Adult Combatives Program:**

This is a progressive program that blends all ranges of self-defense, including ground defense, kicking range, striking range, trapping, clinch, etc. Every 6 weeks, students will learn a new set of requirements. At the end of those 6 weeks, students will be tested on those requirements and earn rank. This program is designed to help practitioners become well-rounded martial artists and to blend techniques and methods that will help them protect themselves and others effectively and quickly.

Some of the martial art styles blended into this program include: boxing/kickboxing, Muay Thai, grappling/wrestling, Krav Maga/hand-to-hand combat, Filipino martial arts, and weapons training (Kali sticks and knife disarming).

Class is held Tuesdays 7:15pm for ages 16 and up. More class day and times will be added to the class schedule in the near future so we will keep you posted.

**4 Week Women Self Defense Class Series:**

This 4 week Women’s Self-Defense class is for ladies 12 and up. The purpose is to help empower women. Participants will learn situational awareness and how to properly defend themselves against their attacker in various situations. Each class is $10 per participant and current students are welcome to join.

The classes will be held Wednesdays 6:15-7:30pm

First class will be August 15th.

Contact us to pre-register.

**Summer Series:**

We know during the summer, martial arts classes can be difficult to attend as regularly. We also know the importance of staying active and consistent with your classes, to achieve your goals. To make this summer time as convenient & rewarding as possible. We are bring back F2D Summer Series!

Below is some of the options, that we will be offering for this years’ F2D Summer Series:

\*Offering *Evening* Martial Arts Classes at *our F2D Academy.*

*\*We have plans to offer week long, Martial Arts, themed camps throughout the summer.*

\**F2D Prize Bucket Raffle*: When you attend a F2D class at F2D Academy, you will be entered into our weekly Prize Bucket drawing. We select winners each week for the WHOLE summer! If your ticket is drawn from the weekly drawing, you will be able to pick a Prize from F2D Prize Bucket! ***Bring A Friend*** *to class and receive an additional ticket in the raffle.*

Contest runs from Tuesday, July 6th, 2021 thru Tuesday, August 31, 2021

Families if you are going out of town for a couple weeks have your child/children attend more F2D classes before or after your trip, to make up their F2D classes.