



AUGUST 2017 NEWSLETTER

TOURNAMENTS



JIMMY KIM INVITATIONAL

Saturday September 23rd at the Walter Pyramid at CSU Long Beach. This is our Home Tournament and is celebrated as one of the best in the nation. All students are encouraged to attend. As testing is coming in September, this is a great opportunity to earn your testing credit. Online registration is required and will be available soon.

www.thejki.com

SUMMER SCHEDULE IS HERE!

Please review our Summer schedule for changes that may affect your daily schedule.

Copies will be available online and at the Dojang.

You can attend up to **5 classes per week** during Summer session, so review the schedule and come on in....

NEW HAPKIDO CLASS



Eric Sabumnim will be instructing the Self-defense class on

Tuesdays from 7:00pm to 8:00pm.

You must be **Blue belt** or higher and over 10 years of age.

BEACH TRAINING & OMS FAMILY DAY

Saturday August 26th @ 8am until evening at Bolsa Chica State Beach.

We will have a morning run followed by a workout on the beach and then it's GAME TIME!

Come in your Dobok and bring your swimsuit, towel & warm clothes for later! Location (Lifeguard tower) will be announced the morning of the event via text message. A waiver will be required to be completed and turned in by Friday August 25th.

OMS will be supplying water, fruit and sandwiches and chips.

Students must be accompanied by a guardian (please no drop offs)

Carpooling is encouraged.

Parking for the State Beach is \$15 so you may want to stay for the day. You are encouraged to get there early as parking fills up quickly.

I will have an EZ-up with the OMS banner. Feel free to bring beach chairs, blankets & umbrellas. If you have an EZ-up you can share for the day, it would be much appreciated!

P90X CLASS CANCELLED TEMPORARILY

Due to circumstances beyond my control, P-90 X class has to be put on hold for the time being. Master Ricord will bring the class back as soon as possible.

SAFETY EQUIPMENT & POOMSAE BOOK

All students are encouraged to have a complete set of safety equipment and should bring it to the dojang every time they attend sparring classes (see schedule). Also, they must have a Poomsae Book, which is available for purchase in the office.

This will aid them in their practice at home.

NEW!

FRIDAY SPARRING CLASS 7pm

Get ready to win! Or at least take your game to the next level!

If you are interested please contact Master Ricord and Eric Sabumnim for eligibility at omscerritos@gmail.com or (714) 616-1740.

SUNDAY SPORT POOMSAE CLASS

3:00pm to 6:00pm on Sundays. This class is by *invitation only*. If you are interested, please see Master Ricord or Chi Sabumnim.

NOTEBOOKS

Students **ORANGE BELT & UP** should bring a 3-ring binder in which to keep a record of technical and philosophical information. Check the board regularly.

OFFICE HOURS

Regular office hours are **Tuesday- Friday** from
5:00pm - 7:00pm.

Please try to take advantage of these times when
Mrs. Skube is in the office.

NEW! You can NOW pay your tuition by Phone.
Please refer to office hours for Mrs. Skube's availability.