

# Winter Haven Budokai's



## November 2009 Newsletter

**Self Defense Classes** will be starting Tuesday, November 10, 2009. Winter Haven Budokai will be using the OSS-21 Self Defense System that some of you may have seen Billy Kennon's Mom, Yadira Kennon practicing with Sensei Rich and Sensei Bob for the Ghoul's Night Out Demonstration in downtown Winter Haven. This is a sample of what will be taught. This program is for men and women and is for a separate monthly fee. Sign up in the dojo. More details to come soon.



**Report Cards** will be distributed on/around November 10th. It is expected that every student maintain good grades and good character not only at the dojo, but at home and school. If you are in grades K-12 you must bring in a copy of your report card for Sensei.

### November Student of the Month

**Vincent Pantaleon** is the son of Sensei Rich and Yvonne Pantaleon. Vincent's sister Courtney is also an instructor at WHB. Vincent is 9 years old and is a straight A student in the 4th Grade at Chain of Lakes Elementary. He has trained under Sensei Queris since he was 5. Vincent loves Karate, basketball and football. His hobbies include video games, watching TV, sparring and cooking. Vincent is a 2nd Kyu Brown Belt. His favorite thing about Karate is fight night on Thursdays.

**Bring a Buddy Week** will be the week of November 16-20th. Bring a friend to karate class (or have them meet you there) for free. Tell them to wear something comfortable for kicking and punching. Let's have some fun with our friends!

**WHB will be closed** from November 23—27 in observance of the Thanksgiving Holiday. **Also, No After School Karate Program** from November on the same days as we follow the Polk County School Calendar and school is closed that day.

### Upcoming Events:

**November  
Birthday's  
Happy  
Birthday  
to All!**

Abrah Rojas  
Laylie Figueroa  
Kate Figueroa



#### **Movie Night/Parent's Night Out**

This is a great opportunity to get some Christmas shopping done! Saturday, December 5th from 6-11pm

**Promotion** for all eligible students will be on Friday, December 18th from 6-8 PM (check your handbook to see if you meet the requirements). **Christmas party** will immediately follow. Bring a \$5 gift per person for the gift exchange game (if you want to participate) and a food dish to share.

**WHB will be closed** the weeks of December 21-25 and December 28– January 1, 2010, We will reopen on January 4, 2010 in observance of the Holidays.