

# Premier Martial Arts Nov/Dec News 2022

**PARENTS NIGHT OUT PARTIES:** Held each month, alternating locations, with different exciting themes from 7-11 pm. The next 2 parties are “Camouflage Commander” on Friday, **November 11<sup>th</sup>** at our Wylie location, and “Christmas Party” on Friday, **December 16<sup>th</sup>** at our S. 14<sup>th</sup> location. These are for all children ages 5 and up. Invite friends and family while parents can enjoy a night out knowing the kids are in the safest place in Abilene. It is ONLY \$30 per child or just \$25 each for 2 or more kids coming together. This covers pizza, refreshments, games, and tons of FUN! Sign up at the front counter today or online at [www.JamesCoxMartialArts.com](http://www.JamesCoxMartialArts.com).

**STRIPE TEST EVALUATIONS:** Usually the third Wednesday OR Thursday of each month is stripe testing. The purpose is to screen everyone once a month to make certain that students are progressing on schedule and understanding the curriculum. The next two stripe testing dates are: **November 16<sup>th</sup> or 17<sup>th</sup>, December 14<sup>th</sup> or 15<sup>th</sup>**. Students that successfully pass will earn stripes, after 3 on one belt side; we do the big belt graduation shows at the end of each quarter to receive their new belts and certificates (the winter show is December 17<sup>th</sup>).

**WHITE BELT BUDDY BASH / PARENT ORIENTATION:** Usually on the last Friday of each month, the next two are on **November 18<sup>th</sup> and December 30<sup>th</sup>** from 6:00 – 7pm at our Wylie location. It is an orientation for all white belt children from ages 5 – 12 of both locations to attend, along with their guardians. They are encouraged to bring friends. We will have pizza, a short fun class, and discuss details regarding our programs and answer all questions of things to come.

**CLOSED FOR HOLIDAYS:** We will be closed for Thanksgiving from **Thursday, November 24<sup>th</sup> – Saturday, 26<sup>th</sup>**, and closed for Christmas from **December 23<sup>rd</sup> – 24<sup>th</sup>**.

**FREE TURKEY BURN FITNESS KICKBOXING CLASS:** **Saturday, November 26<sup>th</sup>**, Grand Master Cox will be teaching a FREE Fitness Kickboxing Class at the S. 14<sup>th</sup> location from 10:30 – 11:30 am, for all teens / adults (ages 13 and older). You do not have to be members of Premier to come, we will have a blast with a “full body sweat pouring punching and kicking workout” to burn off all that Thanksgiving feast!

**SIDEKICKS PARENTS SUPPORT MEETING:** The next meeting will be on Friday, **December 2<sup>nd</sup>** from 6:00 – 6:45 at the Wylie location. The Sidekicks Team is like a PTA for our martial arts schools, but you don't need to be a parent to join. We need like-minded volunteers wanting to impact our community and enhance our special events. Sign up TODAY with Vanessa (325-676-2696), if you are interested in joining the team or just show up at the next meeting, please and thank you.

**BELT GRADUATIONS:** The Graduation Experience is a big show that everyone is expected to attend. The next Graduation is Saturday, **December 17<sup>th</sup>** at the Dodge Jones Center, (1042 Loop 322, building by the Zoo) from 2:00 – 3:30. Students must be there by 1:45 pm to line-up, be ready to perform and

enjoy the celebration! Dress in your full program uniform (not shorts). You must be signed up and have your test fee paid five days **BEFORE** graduation for your belt and certificate to be awarded. The pre-paid graduation fees from this year's holiday sale do not cover the Dec. 17<sup>th</sup> event, those are for 2023. Register online at: [www.JamesCoxMartialArts.com](http://www.JamesCoxMartialArts.com) (log in and go to the dashboard, sign up and see graduation and register, with student's name, current and next belt color and size, with payment of \$49). The 3-4-year-old Tiny Champs will graduate during their regular class on **December 21<sup>st</sup> or 22<sup>nd</sup>**, but also need to register online.

**COMPETITION FIGHT TEAM TRAINING:** Improve your MMA skills with the best from the best, join our prestigious Fight Team to become eligible for competitions in kickboxing, jiu-jitsu, pankration (new safer MMA for youth and teens), or adult MMA. For anyone ages 8 and older, of purple belt rank or higher, and currently in Black Belt or Premier Training. Classes are at S. 14<sup>th</sup> **(Mon / Wed / Fri. 7pm and Sat. 12:00)**. You will be accepted in as a founding member for a one-time total cost for the life of the program for only \$399. Contact G.M. Cox, 325-439-0182.

**SHOW YOUR PMA SCHOOL SPIRIT:** We have *FREE* auto decals located at the front counter for you to all put on your vehicles and represent the best martial arts school in town. We love seeing our stickers all around Abilene, so get yours on and show your PMA support. It is your official "Parking Pass" ... put it on or else your vehicle will be towed away, just kidding but still get it on today!

### **November:**

11<sup>th</sup> – Parents Night Out Camouflage Commander Party, 7:00 – 11:00 pm at Wylie

16<sup>th</sup>/ 17<sup>th</sup> – Stripe Testing in all normal classes

18<sup>th</sup> – White Belt Buddy Bash Parent Orientation, 6:00 – 7:00 pm at PMA Wylie

24<sup>th</sup>/ 25<sup>th</sup>/ 26<sup>th</sup> – Closed for Thanksgiving

26<sup>th</sup> – Free Turkey Burn Fitness Kickboxing Class, 10:30 – 11:30 am at PMA S. 14<sup>th</sup>

### **December:**

2<sup>nd</sup> – Sidekicks Parents Support Meeting, 6:00 - 6:45 pm at PMA Wylie

14<sup>th</sup>/ 15<sup>th</sup> – Stripe Testing in all normal classes

16<sup>th</sup> – Black Belt Testing, 6:00 – 9:00 pm at PMA Wylie (no normal Demo/Premier Friday classes on this day)

16<sup>th</sup> – Parents Night Out Christmas Party, 7:00 – 11:00 pm at PMA S. 14th (no Friday classes on this day)

17<sup>th</sup> – Belt Graduation Show, 1:45 – 3:30 pm at Dodge Jones

23<sup>rd</sup>/ 24<sup>th</sup> – Closed for Christmas

30<sup>th</sup> - White Belt Buddy Bash Parent Orientation, 6:00 – 7:00 at PMA Wylie