



# Bergamo's MARTIAL ARTS



# Newsletter

[www.BergamoMartialArts.com](http://www.BergamoMartialArts.com)

July 2018



**Instructors Promoted** On June 10, during a special seminar held at our sister school ECTS, Mr. Stephen Russo was promoted to a 3<sup>rd</sup> Degree Black Belt in the AFKTF. Mrs. Barbara LeBlanc was promoted to Black Belt 2<sup>nd</sup> Degree, and Mr. Nathan LeBlanc was promoted to Apprentice Black Belt 1<sup>st</sup> Degree.



## Important Dates and Events



Through July and August, the 5:00 and 6:00 classes will both meet at 6:00 on Tuesdays and Thursdays.

**Saturday, August 11- Northeast Open Tournament** (breaking and sparring), Albany, NY. This is a premiere family-friendly event! Our Demo Team will be competing, along with several other members of Team Bergamo. Register now at <http://www.northeastopen.com/>

**Saturday, September 8- Our first annual BMA in-house sparring tournament!** Students of all ages and ranks will learn sparring techniques and strategies and then participate in a tournament in a low-risk, supportive environment. Trophies will be awarded. Details (time, cost) coming soon, but **SAVE THE DATE!**

**Week of September 16-** Belt Testing for students who qualify.



# Bergamo's MARTIAL ARTS



# Newsletter

[www.BergamoMartialArts.com](http://www.BergamoMartialArts.com)

**July 2018**

**Women's Street Survival Classes: Saturdays, 12:00-1:30, \$22.00**

July 28  
August 25  
September 22  
October 27  
November 17  
December 15



**Karate moms: bring a friend or family member for a fun, empowering, and possibly life-saving class with Mrs. LeBlanc and GM Bergamo!**

Sign up at:

<https://events.r20.constantcontact.com/register/eventReg?oeidk=a07efdknvxrea5874f3&oseq=&c=&h=>

**Good luck to the members of Team Bergamo who will be competing in the U.S. Open World Martial Arts Championships in Orlando, Florida this month:**

Grand Master Ralph Bergamo  
Mr. Sean Anderson  
Mrs. Barbara LeBlanc  
Mr. Joshua LeBlanc  
Mr. Nathan LeBlanc

