



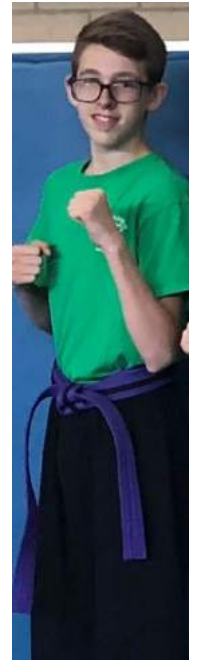
Newsletter

www.BergamoMartialArts.com

August 2018

Student of the Month: James Ruddy

Fourteen-year-old James Ruddy holds the rank of Purple/Black. He has been increasing his commitment level to the martial arts, including participating in a series of demonstrations for the campers at Prospect Parks and Recreation. Keep stepping up, James!



New White Belt



On July 31, Seven-year-old Mikhail Zhamaituk was promoted to the rank of White Belt, Second Degree. He has worked very hard to achieve this important first milestone. Welcome to Team Bergamo, Mike!

Team Bergamo and the AFKTF Dominate at the World Championships!

Over two days of competition in Orlando, students and instructors from BMA and our sister schools in the American Filipino Kun Tao Federation took home many awards, including 7 of 9 ISKA World Championship belts, an unheard-of level of dominance in the field of breaking.

Mr. Sean Anderson- ISKA Ultimate Breaking Champion, ISKA Creative Open Champion, ISKA Lightweight Power Elbow Champion

Mrs. Barbara LeBlanc- ISKA Women's Creative Open champion

Mr. Nathan LeBlanc- 1st Place, USBA Creative Open and USBA Lightweight Power Elbow





Bergamo's MARTIAL ARTS



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Important Dates and Events



Throughout 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, demo team, sparring), Albany, NY.

Saturday, September 8, 12:00-2:00 - 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.

Cost to students: \$25

Sign up at the studio!



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

Saturday, October 6- Nutmeg State Nationals, Hamden Middle School, Hamden CT. We'd like as many students as possible to participate in this local breaking tournament!

<http://www.bashtasmartialarts.com/the-nutmeg-state-nationals>

*Do you know how to protect yourself when in a dangerous situation?
How can you avoid becoming an easy victim?*

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

- 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=>