

Stroud's Crowd

www.stroudschool.com

New look, new floor, new attitude

Reminders:

- KBK annual fee of \$20 is due in March. All students must affiliate with KBK to be promoted.
- Monthly fees are due the first of each month.
- Congrats to our students upon their recent promotions—
- Sensei Glen Meade, Shodan
- Jeremy Falkowski and Matt Sullivan, Ikkyu
- Jackson Sullivan, Michael Riddick, Billy Dail and Sean Whitfield, Sankyu
- Sam Overby, Gokyu
- Matthew Riddick, Rokyu
- **Sam Overby is the recipient of the Shihan 2008 Award**

Welcome back from the holidays. I hope you are as excited to be back in the dojo as I am. But know that even though we were not in the dojo training, I hope you could tell many of us were in the dojo working—painting, building, overhauling and cleaning. I hope you like the new look and I know you will enjoy the new spring loaded judo floor.

Now it is all our responsibility to keep the dojo clean by picking up after ourselves, sweeping the mat and floor when needed, and making sure the bathroom is left clean. I know I can count on everyone's help so we can all have a safe and clean environment in which to learn in.

With the new year, the dojo will be offering a new class addition on

Saturday mornings. The class is open to those 12 years old and older already enrolled at no additional cost. For new students who train only on Saturdays, the cost is \$30. The class will be held from 8 to 10 a.m. Saturdays beginning Feb. 7 and will be taught by Sensei Heath Chapman.

This class is based on the blending of different arts, with an emphasis on Judo, Jiu Jitsu, and Sparring. It is structured in a way that all of the arts will be utilized in unison with one another creating a hybrid style. Saturday mornings will include a cardio workout. You will need a Judo Gi with appropriate belt, long sleeve under armor and fight shorts.

For more information, contact Sensei Heath Chapman at (252) 523-8382.

We will be offering summer classes this summer so plan to be part of the fun and enjoy our new environment.

Kyoshi's Corner

Thank you does not seem adequate for all that so many of you have done to get the dojo back together from its overhaul. It has been a long and tiring process. Some of us have spent every waking moment in the dojo when we were not at our "day" jobs working to get things ready to open. I won't even begin to try and name everyone, but you know who you are and you know that I am grateful for your support and care. I can't wait for Shihan Stroud to come and visit. I know he will be proud as we are. Again, thank you for being there and for all your hard work. We are still putting the finishing touches on the dojo, but it won't be long before we can slow down on our improvements. It was long overdue. You are all very special to me.

Kyoshi