



The Trio Tribune

Volume 1, Issue 5

TRIO MARTIAL ARTS EXPANDS

As of October 1, Trio Martial Arts

Opens in a new location

Trio Martial Arts Academy finds a new home at the Steel Mill Gym. Officially open as of October 1, 2008, TMA quadrupled the size of its facility to almost 900 square feet, allowing for group classes. The new schedule, in effect since October, has proven to be very successful in spreading out the student population allowing for the personalized attention students have become accustomed to.

Trio Martial Arts has since held two belt testing procedures in November and December, both of which have been a success with testing numbers higher than previously seen.

TRIO MARTIAL ARTS PARTICIPATES IN MINNEOLA FIT N' FUN PROGRAM

Every Tuesday and Thursday beginning January 6, Sensei Bret and a team of coaches will host a 60-minute fitness course for children ages 8-11 at Minneola Trailhead Park. There will be 20 minutes of martial arts and 40 minutes of expanded fitness and sports activities. This should be an ongoing monthly program and as such Trio Martial Arts will no longer offer classes on Tuesday or Thursday at 4:00 PM. All other class times remain intact. Anyone interested in participating in the program please see Sensei Bret for more information.

TRIO MARTIAL ARTS THANKS INITIAL STUDENTS

Thank you to Emily Rees and Phillip Kuzara!

Ever since Trio Martial Arts opened its doors November 1, 2007, **Emily Rees** and **Phillip Kuzara** have been dedicated students of Sensei Bret and have witnessed every phase of the dojo to date. I want to thank them and their families for their continued support of the school and look forward to watching their continued growth on the road to earning their Black Belt.



*Members of the Original Demo Team
Heather Gordon, Emily Rees, Croix Shaffer
Shannon Gordon, Robin Adams*

FIGHTING DRAGONS TRYOUTS

The Fighting Dragons of Trio Martial Arts will be holding tryouts for anyone who wishes to participate in this elite sector of the dojo. Members of the demo team are regarded as being the best in the school and we are extending this invitation to all who desire to tryout. There are only a few spots open on the team. The tentative date set for tryouts is Sunday, February 8, at 10:00 PM. Please speak with Sensei Bret about the criteria and what is expected of a demo team member. Sign up with Sensei Bret if you wish to take part in these proceedings before Friday, February 6.

STUDENT OF THE MONTH DECEMBER 2008



BENJAMIN HARRISON



SPIRIT, MIND, BODY