



# The Eye of the Tiger

March 2010



116th Edition

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March Special  
Sparring gear 10% off.  
Master Card/Visa accepted

Would you like to earn a free \$5 beverage card? Go to Yellowpages.com, search martial arts, find Black Tiger Academy and give it a rating. Copy your rating, bring it in and receive your five drink card good for 5 beverages from the cooler...redeemable at any time.

### Gung Fu News

Junior Gung Fu testing/promotion is set for Wed. March 10th.

Students: please see that you have all of the needed sparring gear to test. If not, order what you need at least 1 week prior.

Also, all students scheduled to test are encouraged to attend the Tuesday March 9th class from 5-6pm for extra practice.

**Yard Sale June 5th**  
Items wanted for the annual yard sale to be held June 5th. All proceeds will support the Black Tiger Scholarship fund.

### Lost and Found

All items will be donated to charity during the second week of every month. It currently has sparring gear, are you missing yours?

### CPR Certification Class Saturday March 6th 11am-4pm

This class is for students, families, friends, co-workers... The class is designed for the general public and covers CPR and what to do if someone's airway is obstructed. Ideal for parents, teens, children & anyone who is interested in knowing how to save a life! Certification card presented at the end of the course. Coffee, lunch & beverages are included in the cost! Four spots remain. The cost of the class is \$55. See Lori if you would like one of the remaining spots.



### Black Tiger Sweatshirts: Orders are now being taken.

Custom order your size, color and style today. Children's logo sweatshirts now available. See Lori for details.

**Sunday March 14th:** Daylight Savings Time Begins, and so our weapons training will soon return in the Intermediate Gung Fu class. If you are an Intermediate Gung Fu student please be sure that you have your own broadsword. If you are an adult Black Tiger student and are interested in learning more about our broadsword weapons training, see Lori.

### Kickboxing Students

The Fitness Race to Better Health ends Wednesday March 12th. Improve your chances to win by adding an extra class or two, getting a bit more exercise outside of class and focus on your healthy eating. Good luck! Winning fitness buddies will each receive a great prize package valued at \$50!

**Teen/Adult Gung Fu Testing and Promotions Tuesday March 23rd**

**Kickboxing Testing and Promotions Monday May 3rd**

### The Five Foods you should eat every day:

- #1 Leafy greens
- #2 Nuts
- #3 Onions
- #4 Whole grains
- #5 Yogurt

**Wednesday April 21st** in the Junior Gung Fu classes:  
Earth Day Celebration!  
Plan to bring a friend to class.

Gung Hay Fat Choy!  
2010 is the Year of the Tiger!!!

