



**Soul
Self
Defense**

January 2024
Newsletter

Happy New Year!

We say goodbye to 2023 and hello to 2024. The philosophy among our instructors is “trending upward”. In 2023 we saw an increase in discipline, spirit and sense of community. As we enter 2024 we are excited to launch new initiatives and continue our personal and professional growth.

We closed the year out with a bang and we were able to provide Christmas and presents and food to two deserving families. Thank you for your generosity! Without your support our annual community project would not be such a success.

As we enter 2024, we have a robust Tang Soo Do programs for all ages. In 2023 we launched Women’s Self Defense and Cardio Kickboxing. This year we are hosting a Beginner’s Tang Soo Do class for adults, Women’s Self Defense, and we are focused on testing and training. The school plans to participate in 3 tournaments this year and is hosting the Northwest Tang Soo Do Association Black Belt test on April 13, 2024. Tang Soo and happy training!



Master Jessica and Kyo Sa Kamie



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**Making the world a better place
one family at a time!
-Debbi Lafond-**



**Wow! What an amazing turnout!
Thank you to everyone for
helping us bless 2 families (total
of 12 people) this year. We were
able to provide food for
Christmas dinner, (85) wrapped
gifts, and some cash to help
cover some bills for these
families.**



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**Women's Self
Defense
Wednesdays
Starting
January 24 - February 28
@7:15pm
See Jessica or Kamie
for more details**

**Annual Dues
are due!
\$24 for the
2024 year**

Kyo Sa Kamie Eisenbeis

3rd Dan Tang Soo Do

Kyo Sa Kamie Eisenbeis began her Tang Soo Do journey under Master Stephen Semancik at DragonFire Martial Arts in 2012. She quickly became an asset to the Little Ninja program, where her son was enrolled. After assistant instructing the Little Ninja Program and working her way through the ranks, she tested for her Kyo Sa (teaching certificate) in 2020 at the same time that she obtained her 3rd Dan. Mrs. Eisenbeis' husband and three kids have all trained at DragonFire and continue to support the school. Kamie enjoys glamping (glamor camping), the outdoors, and spending time with her grandson, Teddy, one of our DragonFire Martial Arts Little Ninja.

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Upcoming Events:

- Wednesday/Friday: Cardio Kickboxing @6:30am
- Wednesday: Women's Self Defense @7:15
6-week session January 24-February 28
- Tang Soo Do Beginner's Session Monday's 7:45p 8-
week session beginning Jan 22- March 11
- January 20: STORM @ 9am
- January 25/26: Ninja Test: held during Ninja class
- February 3: Gup Test 10am
- February 7/8: Ninja Parent Night: held during Ninja class
- February 10: Picture Day @ 1pm
- February 17: STORM @ 9am
- February 22-23: Ninja Test: held during Ninja class
- March 2: Ninja Tournament @10am: no regular classes
- March 16: STORM @ 9am
- March 16: Gup Test @ 10am
- March 28/29: Ninja Test: held during Ninja class
- April 12: STORM @6p: No advance class
- April 13: Black Belt Test @ 10am
- April 25/26: Ninja Test: held during Ninja class
- April 27: In house GUP/Black Belt Tournament @10am



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