

# UMAC Newsletter - Fall 2018



*Fall is a busy time. Weak people succumb to the chaos and let their lives fall apart. Strong people thrive and work to create a healthy routine. Keep UMAC a vital part of your success this season. Maintain two classes a week or more in order to keep progressing at a steady rate. Take advantage of our flexible schedule.*

*Remember, everyone at UMAC is here to support you and your children's successes in every aspect; school, home, and martial arts. If you need a little extra attention or help, simply communicate with us and we will get you back on track! Let's all build good habits and strengthen weaknesses together.*

## Upcoming Events:

**Black Duck Tattoo Company  
Friends + Family Discount Day!  
for UMAC/LFF  
Sunday, September 23**

**Port Jefferson  
Dragon Boat Festival!  
Saturday 9/15  
UMAC performs at 4pm!**

**Masters Unite 5!  
August 3, 2019 Save the Date!**

**UMAC/LFF Halloween Party!  
Saturday, October 27  
Details on Back**

**Kickpics at UMAC!  
Professional Photos!  
Wed/Thurs, Oct. 24/25  
Details on Back**

**Masters at Sea CRUISE!  
August 17, 2019 BOOK NOW!**

*\*See Sempai Alex if you  
have any questions  
about these events!*

## Back to School = Back to UMAC

### Back to School Specials:

**UMAC: Buy one month, get second month free (New Members Only)**

**LFF: 10-class fitness punch card was \$45, now just \$30**

**Tell your friends and family! If you refer people to your favorite restaurants, you should definitely brag about your favorite dojo! Plus, your social media posts could pay if you win the contests. (See back) Specials expire 10/6/18**

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## KICKPICS AT UMAC!



**Wednesday, October 24 and Thursday October 25**

***You must sign up ahead of time for a time slot! These professional photos are the BEST in the field. Worth every penny. Why buy the same old school photos every year when you can get karate photos done?! Portraits or action photos! They come out amazing and we often use them in future posters and advertisements. Showcase your child's talent and document progress year after year. Sign-up sheet will be at the front counter and time slots are available on a first come,***



**first served basis. Say Cheese!  
Visit [Kickpics.net](http://Kickpics.net) for more information**



### *Facebook Contest:*

Three winners will be chosen... The more positive/empowering posts and comments about UMAC, the better your chances of winning! YOU MUST TAG UMAC, SHIHAN ANDREW STIGLIANO, or ALEXANDRA STIGLIANO for it to count!!!

- 1<sup>st</sup> place – Three Private Lessons with Shihan
- 2<sup>nd</sup> place – Two Private Lessons
- 3<sup>rd</sup> place – One Private Lesson

Winners Announced November 1st

### *Buddy Contest:*

One lucky family will win... EARN a Family Movie Night with Shihan!

What a special treat! For each new friend you bring in to try a class you get a point. If they sign up as a UMAC member you get 5 points. Whoever has the most points by Halloween wins!

Congratulations to the DiBenedetto Family for winning our Summer Buddy Contest!

Winners of this new Contest Announced Nov. 1st

**Don't forget to pick up Halloween passes to hand out with candy! Perfect for trick-or-treaters, fall goody bag prizes, or school Halloween party gifts! Ask Sempai Alex for some.**

**Thanks! It really helps UMAC spread the word.**



## HALLOWEEN PARTY!

Music, and Goodies, and Games... Oh my!

Saturday, October 27

Lil' Dragons/Dragons: 2pm

Youth & Up: 4pm

Wear costumes and please bring a treat to share.

\*\*\*No Classes on Halloween and the day of the Party (Sat 10/27 & Wed, 10/31)\*\*\*

