

BY BRIAN MILLER

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## ENHANCING LIVES

# CUTTING EDGE CELEBRATES ITS FIVE YEAR ANNIVERSARY!!!

Five years ago this month, Cutting Edge Martial Arts opened its doors for the first time in what is now the space occupied by Wings Over Saratoga. A year-and-a-half later, an opportunity arose to move our school into the former Video World space and we knew that this was a once in a lifetime opportunity. With 5,000 square feet of space and over 2,500 square feet of training space, we offer students an amazing training facility with tons of room to work and lots of fun training equipment.

Our martial arts family started from the ground up and has grown to include over 200 students and family members, as well as becoming a founding member of the Capital Region Martial Arts Alliance created by Grand Master Frank Noguera. With the inclusion of CaRMAA, we share the art of Tae Kwon Do with over 1,000 martial artists across the Capital Region! Along with our growth of students, we also brought in three extraordinary instructors: Travis Conover, who started with us at age 16; Leigh O'Donnell, who has over fifteen years of martial arts training; and Jason Gray, who is widely considered one of the best head instructors in the Capital District.

From our humble beginnings, we are so gracious and honored to have made it as far as we have. Today, we have over twenty black belts training at our school, with another twenty candidates eligible to work towards their black belts in October! We have hosted several fundraisers and food drives from our Kick-A-Thons for Project Action, Break-A-Thons for St. Jukes, and our Annual Championship/Food Drives in November. We started our demonstration team over a year ago which has continually grown in numbers and in talent. We are also a school of firsts. We are the first school around to offer transported after school martial arts, we are the first around to offer a "team competition league" in martial arts, and we were involved with the first martial arts performance show in August, "The Young Masters of the Martial Arts."



In five short years, the Cutting Edge family has grown strong. Not just in numbers, but in individuals who have dedicated themselves to the development of their mind, body, and spirit. We cannot tell you how many stories we have heard over the years from parents who could not believe the transformations that their children have made in school and at home, or the adult students who tell us how relieved they feel after ridding their minds of the stresses of the weekly grind.

At the point that this has been written, five years of the Cutting Edge story is set in stone. We are especially grateful that we can take great pride in our accomplishments and know that neither myself, my family, or staff have any regrets. We all know that we have made mistakes along the way, but our integrity is still strong and intact after five years. We continue to hold true to our mission from day one: "Enhancing our Community...One Student at a Time."

Thank you to everyone who has been a part of our martial arts family and community, from the bottom of our hearts!

Mr. Miller and the Cutting Edge Staff

### *A Year Round Child Care Solution is Here!*



#### **Transported After School Martial Arts**

- Pick Up Direct From School
- Martial Arts Lesson Daily
- Character Education Curriculum
- Pick up between 5:00-5:30 pm

#### **Martial Arts Summer Camps**

- Martial Arts Daily
- Character Education Curriculum
- Wednesday Educational Outing
- Friday Fun Day and Fun Outing!

