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Message of the Month From Grand Master Seo:

Remember: Valentine's Day is coming up - do something nice for Mom & Dad! Also, be sure to keep up the good work & consistent training.

Don't forget to sign up for your Valentine VIP Cards!

My Notes:

February 2010 - THORNTON

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Pick up your Valentine VIPs this week!	1	2	3 M/C Weapons/ Kicknastics 4:45 pm	4	5	6 Demo Practice 1:00 @ Arvada
	Nunchuck Week					
7	8	9	10 M/C Weapons/ Kicknastics 4:45 pm	11 Happy Birthday, Mr. Seo!	12 Demo Practice 7:00 pm @ Arvada	13 Breckenridge Pre - Exam and Star Testing 1-4 pm
	2nd Black Stripe Testing Week					
14 **HAPPY VALENTINE'S DAY!** **Happy Chinese New Year!**	15 President's Day Camp 8 am - 4 pm	16	17 Board Breaking Kids 5:30 Adults 6:15	18	19 Staff and Swat Training 7:00 pm @ Arvada	20 Demo Practice 1:00 @ Arvada
	Sparring Week					
	3rd Black Stripe Testing Week					
21 **Get ready to turn in your Report Card! Straight A's get a STAR!**	22	23	24 M/C Weapons/ Kicknastics 4:45 pm	25	26 Demo Practice 7:00 pm @ Arvada	27 Black Belt Prep Cycle #1 - All Candidates need to Attend 12:30 - 3:00
	Escrima Stick Week					
28 **Come to Spring Break Camp March 29 - April 2!**	3/1	3/2	3/3 M/C Weapons/ Kicknastics 4:45 pm	3/4 **Black Belt Prep Cycle #2 Children 7 - 8 Adults 7 - 9**	3/5 Demo Practice 7:00 p.m. @ Arvada	3/6 Kids Expo at the C.C.C. SCHOOL CLOSED
	4th Black Stripe Testing Week					

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