



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 - ARVADA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Pick up your Valentine VIPs this week!	1	2	3 L/P Sparring 7:00 pm	4	5	6 M/C Sparring Class 12:00 Demo Practice 1:00
Nunchuck Week Buddy Week!!!						
7	8 MasterClub Kicknastics 6:15 pm	9	10 M/C Children's Sparring 4:45 pm	11 Happy Birthday, Mr. Seo!	12 Demo Practice 7:00 pm	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 L/P Self Defense Red - Cond. 7:00 pm	18	19 Staff and Swat Training 7:00 pm	20 M/C Sparring Class 12:00 Demo Practice 1:00
Sparring Week 3rd Black Stripe Testing Week						
21 Get ready to turn in your Report Card! Straight A's get a STAR!	22 MasterClub Kicknastics 6:15 pm	23	24 L/P Self Defense 1st Degree & Up 7:00 pm	25	26 Demo Practice 7:00 pm	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 MasterClub Kicknastics 6:15 PM	3/2	3/3 M/C Children's Sparring 4:45 pm	3/4 Black Belt Prep Cycle #2 Children 7 - 8 Adults 7 - 9	3/5 Demo Practice 7:00 p.m.	3/6 Kids Expo at the C.C.C. SCHOOL CLOSED
4th Black Stripe Testing Week						