



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: \_\_\_\_\_  
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# February 2010 - LITTLETON

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Pick up your Valentine VIPs this week!	1	2	3 L/P Sparring 7:00 pm @ Arvada	4	5	6 Demo Practice 1:00 @ Arvada
<b>Nunchuck Week Buddy Week!!!</b>						
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 @ Arvada	13 Breckenridge Pre - Exam and Star Testing 1-4 pm
<b>2nd Black Stripe Testing Week</b>						
14 <b>HAPPY VALENTINE'S DAY!</b> Happy Chinese New Year!	15 President's Day Camp 8 am - 4 pm @ Littleton	16	17 L/P Self Defense Red - Cond. 7:00 pm @ Arvada	18	19 Staff and Swat Training 7:00 pm @ Arvada	20 Demo Practice 1:00 @ Arvada
<b>Sparring Week 3rd Black Stripe Testing Week</b>						
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 @ Arvada	25	26 Demo Practice 7:00 pm @ Arvada	27 Black Belt Prep Cycle #1 - All Candidates need to Attend 12:30 - 3:00
<b>Escrima Stick Week</b>						
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 <b>Black Belt Prep Cycle #2 Children 7 - 8 Adults 7 - 9</b>	3/5 Demo Practice 7:00 p.m. @ Arvada	3/6 Kids Expo at the C.C.C. SCHOOL CLOSED
<b>4th Black Stripe Testing Week</b>						