

Monthly News March 2011

Yellow Belt Class- Friday March 4th 2011. This will be the first class make sure you make it out. From 5pm to 6:30 pm. Extra classes are great for earning your belts faster or gold medals. Next class will be March 18th 2011 same time.

New t-shirt-Shirts are done cost is \$20.00 for white \$22.00 for black.

Sparring Seminar- March 11th 5pm to 8 pm

ICTF Tournament March 19th 2011- Forms will be sent out in the next few days. Color belt students all age range kids and adults great first tournament for anyone.

March 16th- There will be no Grappling from 7 to 8pm and no CKM classes this night. Both classes will be made up March 18th. Grappling will be at 6:30 and CKM will be at 7:30. Note people wanting to do open training can still do so this night from 6:30 to 8:30. Thanks in Advance.

Next Testing- To be announced

Bully Seminar- March 25th please as for a form. This seminar is free

Demo Team for Taekwon-Do- March 25th from 7:30pm to 8:00pm patterns will be preformed along with sparring and board breaking. Please sign up.

CKM – Students to test starting in June. Details to follow on how the testing will work and a date will be set.

Student of the month- Goes to Justin Wright and Dylan Phillips for competing in Feb and both placing very well in the medals ☺

