

News Letter Nov 28th 2011

Kettlebell Class- Starting Dec 1st 2011 the kettlebell class goes back to 4 cardio kickboxing classes a week. No more kettlebell only classes. We will still work them into the classes just during circuits. Rob will generally teach Monday and Wednesday nights for this.

CKM Knife Seminar FREE CKM Students only- All Knife Fighting Seminar Dec 16th 5:30 pm until 7:30 pm in house training members only make up classes. Wear light colored shirt that is form fitting as we will be placing lip stick on the knives to show the markings from being cut for the pressure test.

***No Classes Dec 7th 2011-** No classes for TKD, Jiu Jitsu or CKM although Cardio Kickboxing will be still going this will be the only class that day. All other classes will happen on Dec 9th kids TKD at 5:00pm, Jiu Jitsu at 6:00 pm CKM will be at 7:00pm so all classes that day will run one hour earlier on the Friday. Thanks you.

T-shirt-Cost is \$20.00 for white \$22.00 for black.

Next Testing (kids) Yellow Stripe Taekwon-Do Dec 5th 2011 date to Adults and higher belt testing Jan 17th 2011 be ready!!

Emails- Send me an email and ask me to add you to the list so you are sure to not miss anything that is going on at the club.

