



SUMMER LEADERSHIP CONFERENCE

June 27-July 30

This four-day overnight seminar is one of the most anticipated events of the year. We will work on leadership skills, from public speaking to classroom management, but we will also have a ton of fun, build lasting friendships, and make lots of hilarious memories! Cost \$275.

BST ORIENTATION
Friday June 2nd 5:30-6pm

We will be going over Testing, general TKD etiquette, and any questions you may have!

WEAPON OF THE MONTH
Performance Bo Staffs
Warm-up
Bo Staff Self Defense

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Word of the Week: Training	1	2	3	4	5 Poomsae	6
7 Mothers Day Word of the Week: Theory of Power	8	9	10	11	12 Board Breaking	13
14 Word of the Week: Conditioning	15	16	17	18	19 Poomsae	20
21 Word of the Week: Focus	22	23	24	25	26 Board Breaking	27
28 Word of the Week: Hardcore	29 Memorial Day (No Classes)	30	31	1	2 Poomsae	3

PROSHOP SALE
10% off
Beyond Sports Bag

Kicking Week Kicking Combo Week

Self Defense Week