



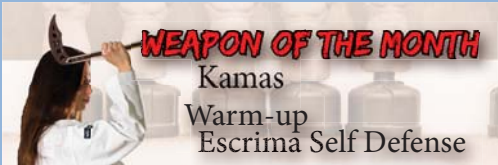
WASATCH EXHIBITION

The Wasatch Exhibition is coming up on October 14th and we encourage all of our students to take advantage of this tournament! Every student needs at least three tournaments before Black Belt, and this is the most affordable one around!

Why tournaments? Because when we take risks it pushes us to grow, and a tournament is a safe place to risk in a controlled environment. Students who participate in tournaments consistently out-perform those who do not. Registration is open now. Register by Sunday, October 1st to get the early-bird pricing!

UPDATE FOR FRIDAY CLASSES

Both will be held weekly!
 Poomsae: 4:30-5:10
 Board Breaking: 5:15-5:55



WEAPON OF THE MONTH

Kamas
 Warm-up
 Escrima Self Defense

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 Word of the Week: Punctual	28	29	30	31	1	2
3 Word of the Week: Polite	4 LABOR DAY (No Classes)	5	6	7	8	9
10 Word of the Week: Considerate	11	12	13	14	15 CBT Paperwork Due by 5:30pm	16
17 Word of the Week: Humble	18	19	20	21	22	23
	Regular Scheduled Classes					
24	25 CBT Prep Class 4-7pm (\$25)	26 Tiger Prep 10:45am Tigers Testing 4pm Basic Testing 5:30pm —Color Belt Testing Week—	27 Adv. Testing 5:30pm BB Prelim 7pm	28 Ninjas Testing 4pm Int. Testing 5:30pm	29 Make-Up Testing 4pm Rank Advance 6pm	30 Sparring Seminar 9am-12pm

PROSHOP SALE
 10% off
 BST T-Shirts!

Self Defense Week

Kicking Combo Week

Review Week

Testing Week