



**WOMEN'S SELF DEFENSE SEMINAR!**

\$45 per person!  
 Day 1: Fri., Nov. 10<sup>th</sup> from 5-8pm  
 Day 2: Sat., Nov. 11<sup>th</sup> from 11am-2pm

This is an interactive self defense course for women & girls 12 years or older. It will cover basic self defense skills and strategies, along with lots of hands on practice. We hope that you will spread the word and bring others to participate! Wear workout clothes, bring a water bottle, & come ready to learn. Returning students get a free kubaton and an hour of kubaton training.

**CURRICULUM UPDATE REMINDER!**  
 Reports are no longer required for color belts. Instead, we have refined and enhanced our Words of the Week! This is a great time to start mastering them!

**WEAPON OF THE MONTH**  
 Sais  
 Warm-up  
 Kamas

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 Word of the Week: Simplfy	30	31	1	2	3	4 Martial Arts Skills Challenge Tournament
5 Word of the Week: Work	6 BB Prep Self Defense Demo Memorized	7	8	9	10 Womens Self Defense Seminar 5pm-8pm	11 11am-2pm
12 Word of the Week: Service	13	14	15	16	17	18
19 Word of the Week: Inspire	20	21	22	23	24	25 THANKSGIVING BREAK
26 Word of the Week: Courage	27	28	29	30	1	2 Sparring Party 9am-12pm \$35

*Proshop Christmas Sale!*  
 10% off EVERYTHING!

Kicking Week Kicking Combo Week   
 Self Defense Week