



DECEMBER

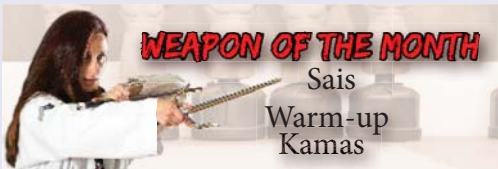
SPARRING PARTY!

Sparring is an amazing tool that we use to teach a variety of skills:

- How to deal with the adrenaline rush that hits when you are attacked so that you think clearly & respond appropriately.
- How to have proper distancing so you can attack & defend effectively
- How to react quickly & decisively (called reaction skills)

There are many more. The point is that sparring is an essential part of learning to defend yourself in real life, and we want all of our students to have that skill. The sooner you start, the better off you will be, so come join us - you won't regret it!

“Christmas, my child, is love in action. Every time we love, every time we give, it's Christmas.”
—Dale Evans



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 Word of the Week: Courage	27	28	29	30	1	2 Sparring Party 9am-12pm \$35
3 Word of the Week: Peace	4	5	6	7	8 CBT Paperwork Due by 5:30pm	9 Tricking Seminar 12pm-2pm \$35
10 Word of the Week: Humble	11	12	13	14	15	16
	Regular Scheduled Classes					
17 Word of the Week: Joy	18 CBT Prep Class 4-7pm (\$25)	19 Tiger Prep 10:45am Tigers Testing 4pm Basic Testing 5:30pm	20 Adv. Testing 5:30pm BB Prelim 7pm	21 BBT Open Mat 9am Ninjas Testing 4pm Int. Testing 5:30pm	22 Make-Up Testing 4pm Rank Advance 6pm	23
	—Color Belt Testing Week—					
24	25	26	27	28	29	30
	CHRISTMAS BREAK					
	31					

PROSHOP SALE
10% off
Nunchucks!

Kick Combo

Review Week

Testing Week