



# FEBRUARY

**WOMEN'S SELF DEFENSE SEMINAR!**

\$45 per person!  
 Day 1: Fri., Feb. 23<sup>rd</sup> from 5-8pm  
 Day 2: Sat., Feb. 24<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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 Word of the Week: Training	29	30	31	1	2	3
4 Word of the Week: Consistency	5	6	7	8	9	10
11 Word of the Week: Resilience	12	13	14 VALENTINES DAY	15	16	17
18 Word of the Week: Mastery	19 PRESIDENTS DAY No Classes	20	21	22	23	24 Womens Self Defense Seminar
25 Word of the Week: Teachable	26	27 Womens Self Defense Seminar 35\$ Early Registration Ends	28	1	2	3

**NEW STEP/FREE SPARRING GEAR**

Available for intermediate ranks and up!  
 Get yours today!

**WEAPON OF THE MONTH**

Nunchucks  
 Warm-up Sais

**PROSHOP SALE**

10% off  
 Rattan Bo Staffs

Kicking Week

Self Defense Week

Kicking Combo Week