



SALT LAKE CITY UTAH
 2018 NATIONAL CHAMPIONSHIPS HOST CITY
July 2nd - July 9, 2018 @ Salt Palace Convention Center

US Taekwondo Nationals will be in Salt Lake City July 2-9, 2018! This is the first time Nationals has ever been so close to home, and we are so excited for this once in a life time opportunity! If you're interested in competing but missed the meeting to go over training schedules, costs, etc. just let us know and we'll get you the info!

FOUNDATION
 You can't build a great building on a weak foundation. You must have a solid foundation if you're going to have a strong superstructure.

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

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------------|--|--|--|---|---|--------------------------------------|
| 25 Word of the Week: Teachable | 26 | 27 | 28 | 1 | 2 Black Belt Bonfire 6:30-8:30pm | 3 |
| 4 Word of the Week: Hardcore | 5 ASD Professional Development Day No Classes | 6 | 7 | 8 | 9 CBT Paperwork Due by 5:30pm | 10 \$15 Nationals Training in SLC |
| 11 Word of the Week: Overcomer | 12 | 13 | 14 | 15 | 16 | 17 |
| | Regular Scheduled Classes | | | | | |
| 18 Word of the Week: Limitless | 19 \$25 CBT Prep Class 4-7pm | 20 Tiger Prep 10:30am Tigers Testing 4pm Basic Testing 5:30pm | 21 Adv. Testing 5:30pm BB Prelim 7pm | 22 Ninjas Testing 4pm Int. Testing 5:30pm | 23 Make-Up Testing 4pm Rank Advance 6pm | 24 |
| | —Color Belt Testing Week— | | | | | |
| 25 Word of the Week: Attitude | 26 | 27 | 28 | 29 | 30 | 31 |

PROSHOP SALE
 10% off
 Past Association T-Shirts!

Kick Combo Week Testing Week
 Review Week Technique Week