



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!

BELT JUMP CAMP
 Early Registration
 Basic: \$245 | Int/Adv: \$270
 Exp. April 30th
 June: 18-22



WEAPON OF THE MONTH
 Self Defense Bo Staffs
 Warm-up Nunchucks



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Spring Break—No Classes						
8 Word of the Week: Discipline	9	10	11	12	13	14
15 Word of the Week: Focus	16	17	18	19	20	21
22 Word of the Week: Meditation	23	24	25	26	27	28 Utah State Tournament Nationals Qualifier
29 Word of the Week: Energy	30	1	2	3	4	5

PROSHOP SALE
 10% off
 Performance Bo Staff



Technique Week 
 Poomsae 
 Kicking Week 