




**SPARRING SEMINAR!**  
 December 8<sup>th</sup>, 2018  
 10am to 12pm




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)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 Word of the Week: Work	29	30	31	1	2	3
4 Word of the Week: Service	5 BB Prep Self Defense Demo Memorized	6	7	8	9	10
11 Word of the Week: Inspire	12	13	14	15	16	17
18 Word of the Week: Courage	19	20	21	22	23	24
— THANKSGIVING BREAK —						
25 Word of the Week: Peace	26	27	28	29	30	1

**Happy Thanksgiving!**  
 Over and over I marvel at the blessings of my life: Each year has grown better than the last. Lawrence Welk

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



*Die Black Friday Sale!*  
 November 19<sup>th</sup> & 20<sup>th</sup>

Kicking Week   
 Self Defense Week   
 Kicking Combo Week 