

MARCH 2010



Firewood Friday!! – March 12th 2010 Start Time 6:00pm

Kiai! Start your March Break off with a board break! This seminar will teach proper technique and form for breaking wooden boards with kicks, strikes, and blocks. Gain confidence in your abilities! Students MUST sign up prior to the seminar so we have enough boards for each student. Only \$20 for the seminar plus 4 wooden boards to break! All ages & skill levels welcome.

Monday 15th through 20th - MARCH BREAK - MODIFIED CLASS SCHEDULE

Instead of closing the dojo, we will be conducting classes on a limited basis for those students who would like to take advantage of classes during the March Break week. Note that day time kickboxing classes have not changed.

Monday 15th Tuesday 16th Wednesday 17th Thursday 18th Friday 19th Saturday 20th

Little Dragons
5:30PM - 6:00PM
Ages 4 to 7

Jr Karate - All Levels
6:00PM - 7:00PM
Kata & Kihon

ADULT KARATE
7:00PM - 8:00PM
Kata & Kihon

Grajukabo
8:00PM - 9:00PM

Little Dragons
5:30PM - 6:00PM
Ages 4 to 7

Jr Karate - All Levels
6:00PM - 7:00PM
Kata & Kihon

ADULT KARATE
7:00PM - 8:00PM
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Adult Kickboxing
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Jr Karate - All Levels
6:00PM - 7:00PM

Note that weapons class is cancelled

ADULT KARATE
7:00PM - 8:00PM

Adult Kickboxing
8:00PM - 9:00PM

No Changes to Friday & Saturday Schedules





Women's Self-Defense Seminar – Friday March 26th 7:00PM to 8:30PM

Confidence, empowerment, and fun! Sensei Shawn will take us through moves and techniques so we can all feel safer and walk with our heads up high. Sign-up sheets by the water fountain. Only \$20 each for this valuable seminar. Don't miss out!

Please Note: Easter Weekend Closure: Friday April 2, 3, 4, & 5

Weapons Training This Month: Bo Staff – Bo Basics & Bo Kata

Remember weapons classes are FREE for BBC & SWAT members!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	2	3	4	5	6	
7	8	9	10	11	12 Firewood Friday! 	13	
14	15	- MARCH BREAK - MODIFIED CLASS SCHEDULE IN EFFECT -				19	20
21	22	23	24	25	26 Women's Self Defense Seminar! 	27	
28	29 	30 Easter Egg Surprise Week! Details to follow.	31 	Dojo Closed for Easter Holidays April 2nd to 5th 