



November 2008

Black belt Extravaganza

Saturday Nov. 29th 1 pm

Leadership Meeting

Monday October 6th 7:05 pm

Instructor Training

COVAR Seminar Public

Ladies 7:05 pm-8:35 pm

Wed. Nov. 12th

Men 7:05 pm-8:35 pm

Wed. Nov. 26th

Fees : \$139.95 Members \$59.95

Board Breaking Seminar

Saturday Nov. 15th

10:15 am - 11:45 am

Fees: \$59.95 BBC \$49.95

Bully Buster Seminar

Friday Nov. 21st

Elementary Aged Kids 3:30-4:45

Middle School Kids 5:00 - 6:15 pm



Fees: \$39.95 for 1st child

\$19.95 for 2nd

Formal Grading

Sat. Oct. 25th 10:15 am

Please make sure you sign-up and pay for your belt at least 1 week prior to grading

SUN	MON	TUE	WED	THU	FRI	SAT
						1 B Private Lessons Trent Lissa
	<u>Rotating Curriculum</u> A-Skills and Drills B-Pattern Four Direction C-Step and Free Sparring D-Cardio and Self-Defense					
2	3 C	4 D	5 A	6 B	7	8 C Private Lessons Lindsey Tetlock
9	10 D Leadership Meeting 7:05 pm	11 A Remembrance Day  	12 B Ladies COVAR 7:05-8:30 pm	13 C Stripe Grading 4:45-5:15 pm	14 Demo Team Tryouts 5:30-6:30 pm	15 D Private Lessons Mike Peterson Board Breaking Seminar
16	17 A	18 B	19 C Stripe Grading 7-8 pm	20 D Stripe Grading 4:45-5:15 pm	21 Kids Bully Buster Elementary 3:30-4:45 Middle School 5:00-6:15 pm	22 A Private Lessons Ethan Hiltz Formal Grading 10:05 am
23	24 B	25 C	26 D Share the Art Men's COVAR 7:00-8:30 pm	27 A Stripe Grading 4:45-5:15 pm	28	29 B Private Lessons Donald Godon Black Belt Grading 1pm
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