



# September 2008

Ph: 869-0111

**Leadership Meeting**  
**Monday Sept 8th 7:05 pm**  
 Instructor Training

**Black Belt Invitations**  
 Thursday Sept 11th  
 Black belt Grading Nov. 29th

**COVAR Seminar Public**  
 Ladies Wed. Sept 10th  
 Wed. Oct. 15th  
 Men Wed. Sept. 17th  
 Wed. Oct. 22nd  
**Fees : \$139.95 Members \$59.95**

**Board Breaking Seminar**  
**Saturday Sept. 20th**  
 Kids 10:15-11:45 am  
 Adults 11:50 -1:15 pm  
**Fees: \$59.95 BBC \$49.95**

**Share the Art**  
 Weds. September 24th  
 Kids 4:00-4:45 pm  
 Adults 5:15-6:05 pm

**Formal Grading**  
 Sat. Sept 27th 10:15 am

SUN	MON	TUE	WED	THU	FRI	SAT
	1 No Classes	2 C Regular Class begin	3 D	4 A	5	6 B Private Lesson Stripe Grading 10-11 am
7	8 C Leadership Meeting 7:05 pm	9 D	10 A Ladies COVAR 7:05-8:30 pm	11 B Black Belt Letters	12	13 C Private Lesson Stripe Grading 10-11 am
14	15 D Yoga 7:15 Restarts	16 A	17 B Men's COVAR 7:05-8:30 pm	18 C	19	20 D Breaking Seminar Kids 10:15 Adults 12:00
21	22 A	23 B	24 C Share the Art Kids 4:00-4:45 Adult 5:15-6:00	25 D	26	27 A Formal Grading
28	29 B	30 C				

**Rotating Curriculum**  
 A-Skills and Thrills  
 B-Pattern Four Direction  
 C-Step and Free Sparring  
 D-Cardio and Self-Defense

