



# October 2017

EAST

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Form	3 Technique	4 Self Defense	5 Sparring	6 <b>Belt Testing West Side 5:30 / 6:30</b>	7 <u>Board Breaking</u> <b>Instructor Seminar 4:00</b>
8	9 Self Defense	10 Sparring	11 Form	12 Technique	13 Self Defense	14 Sparring <b>Master's Club Seminar 4:00</b>
15	16 Form	17 <u>Board Breaking</u> Bring a Friend	18 Sparring	19 Form	20 Sparring	21 Form
<b>TOURNAMENT GET READY WEEK</b>						
22 <b>HALLOWEEN BASH!</b>	23 <u>Board Breaking</u> Bring a Friend Day	24 Technique	25 Self Defense	26 Sparring	27 Form <b>CAMP!</b>	28 Technique
29	30 Technique	31 Self Defense	1 <u>Board Breaking</u> Bring a Friend	2 Form Nunchaku begins	3 Technique	4 Self Defense

**HALLOWEEN BASH, OCTOBER 22ND**  
**2017 Competition Team begins October 2nd**  
**Nunchaku - COMING SOON to the East Side**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tots Class	5:15		5:15		5:15	9:30
Kids Novice	5:45	5:45	5:45		5:45	10:00
Kids Green Up		5:45	6:30	5:45	6:30	10:00
Teens (10+)	6:30	6:30	5:45	6:30	6:30	
Adult Class	6:30	6:30		6:30	6:30	10:45
Family Class		5:45		5:45	5:45	10:00
Black Belt Club			6:30	6:30	6:30	10:45

Nunchaku  
Coming Nov 2