



October 2017

WEST

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Form TEAM BEGINS!	3 Technique	4 Self Defense	5 Sparring	6 Belt Testing 5:30 Green Up 6:30 Wht-Orng	7 Technique East-Instructor Seminar 4:00
8	9 Technique Master's Cup Week 1	10 Board Breaking Bring a Friend Day	11 Sparring	12 Form	13 Technique	14 Self Defense East-Master Club Seminar 4:00
15	16 Self Defense Master's Cup Week 2	17 Sparring	18 Form	19 Board Breaking Bring a Friend	20 Form	21 Sparring
TOURNAMENT GET READY WEEK						
22 HALLOWEEN BASH!	23 Sparring Tweak Week!	24 Form	25 Technique	26 Self Defense	27 Sparring CAMP!	28 Board Breaking Bring a Friend Day
29	30 Form Master's Cup Week 3	31 Technique	1 Self Defense	2 Sparring Nunchaku begins	3 Form	4 Technique

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tots 4-6 All Belts	4:30		4:45	5:15	4:45	10:00
Kids Yellow & Below	5:00	5:45	5:15	5:45		10:30
Kids Orange thru Blue	5:00		6:00	5:45		10:30
Kids Navy and Above		5:00		6:30		10:30
Kids BBClub	Master's Cup!	5:00		6:30		11:15
Teens 12+ All Belt		5:45	6:45	7:15	6:00	12:00
Adults All Belts		7:15	6:45	7:15	6:00	12:00
Teens/Adults BBC	Master's Cup!	6:30		6:30	6:00	11:15
Family Class		5:45		5:45		12:00
					Girls Only 5:15	