

Word of the Month: Respect - Yourself & Others.

FEBRUARY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
						01 SWAT/Family Training
02	03 Bring a Friend Day!	04	05	06 JANUARY BELT PROMOTIONS	07 Classes at Francis Parker	08 Photoshoot @ SD 2:30-4:30 NTC Park @ Liberty Station
09	10 Bring a Friend Day!	11	12	13	14 Parents Night Out 6-9pm Classes at Francis Parker	15
16 STRIPE TESTING WEEK: MON/TUES ARE REVIEW DAYS	17 Bring a Friend Day!	18	19	20	21 Classes at Francis Parker	22 BB Class @ Mountainhawk Park 7:30am-9:00am EL Adults Self Defense Seminar 11:15a-1:15pm
23	24 Bring a Friend Day!	25	26	27	28 BELT TESTING No Classes Classes at Francis Parker	29 Photoshoot @ EL 2:30-4:30 SD Adults Self Defense Seminar 11:15a-1:15pm
Bring a friend every Saturday & Monday!						

Announcements:

Bring a Friend Day On Mondays and Saturdays!

NEW!!
Adults Self Defense Seminars this month!!!

Photoshoot Day
EL & SD:
Sign up at the front desk if you want your USKA pictures taken!

Belt Test Times:
TT @ 4:30
Youth @ 5:15
Adult @ 6:30



Word of the Month: Discipline- **Doing what you must do whether you feel like it or not.**

MARCH 2020

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05 FEBRUARY BELT PROMOTIONS	06 Parent's Night Out 6-9pm	07 BB Test Assesment @ Eastlake Studio 1:00pm-2:30pm SWAT/Family Training
08	09 Bring a Friend Day!	10	11	12	13 Classes at Francis Parker	14
15 STRIPE TESTING WEEK: MON/TUES ARE REVIEW DAYS	16 Bring a Friend Day!	17	18	19	20 Classes at Francis Parker	21 EL Kids Self Defense Seminar 11:15a-1:15pm
STRIPE TESTING WEEK						
22	23 Bring a Friend Day!	24	25	26	27 BELT TESTING No Classes  Classes at Francis Parker	28 BB Class @ San Diego Studio 7:30am-9:00am SD Kids Self Defense Seminar 11:15a- 1:15pm
29	30 Bring a Friend Day!	31				
Bring a friend every Saturday & Monday!						

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Mondays and
Saturdays!

Kids Self Defense
Seminars this
month!!!

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