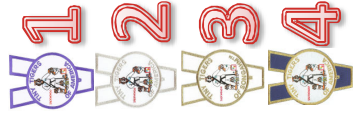


November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10 Karate T-shirt Day (Tucked In)	11 Karate T-shirt Day (Tucked In)	12	13 Demo Team 6:00-7:00	14 Demo Team 6:00-7:00
15	16	17	18 Black Belt Testing 6:15 PM	19 Karate T-shirt Day (Tucked In)	20 Ninja Night Glow Chucks	21
22	23	24	25 No 7:00 Class	26	27 No Classes Nov 20th	28
Holiday Schedule						
29	30	1	2	3	4	5

Buddy Challenge - Can You Share Karate with 4 Friends in 4 Days



1st Buddy in November = Blue V-Patch and/or Lifeskills Stripe

2nd Buddy in November = Silver V-Patch, Private Lesson, and Glow Chucks

3rd Buddy in November = Gold V-Patch, Bully Talk at Your School, and DVD

4th Buddy in November = Black Belt V-Patch, Body Shield, and Re-Break Board