

# MARCH 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>CALENDAR CODE</b> A=1 STEPS/SELF DEF B=FORMS/BLOCKS C=PUNCH/KICK/COMBO D=SPAR/THROWS/FALLS REGULAR CLASSES= INSTRUCTOR'S CHOICE	1 <b>D.</b>  <b><u>Bring Sparring Gear!</u></b>	2 <b>A.</b>	3 <b>B.</b>	4 <b>C.</b>	5 Regular Classes	6 Regular Classes  <b>COMPETITOR WORKOUT, NOON-1:30</b>
7	8 <b>C.</b>	9 <b>D.</b>	10 <b>A.</b>	11 <b>B.</b>	12 Regular Classes	13 Regular Classes <b>COMPETITOR WORKOUT, NOON-1:30</b>
<b>EC OPEN PREP WEEK! BE SURE TO HAVE YOUR SPARRING GEAR WITH YOU EVERY DAY!!</b>						
14 <b>Eau Claire Open</b> North High School	15 <b>B.</b>	16 <b>C.</b>	17 <b>D.</b>  <b><u>Bring Sparring Gear!</u></b>	18 <b>A.</b>	19 Regular Classes	20 Regular Classes  <b>COMPETITOR WORKOUT, NOON-1:00</b>
21	22 <b>A.</b>	23 <b>B.</b>	24 <b>C.</b>	25 <b>D.</b>  <b><u>Bring Sparring Gear!</u></b>	26 <b>TEST DAY!</b> If you feel that you are ready for promotion, please check with an instructor to see if you are eligible to test this month.	27 Regular Classes  <b>COMPETITOR WORKOUT, NOON-1:00</b>
28	29 <b>D.</b>  <b><u>Bring Sparring Gear!</u></b>	30 <b>A.</b>	31 <b>B.</b>	<b>Upcoming Events...Mark Your Calendar!</b> March 14: Eau Claire Open @ North High School. See flyer for details. March 26: Test Night...check the list next to the office to see if you are eligible! April 3-5: Closed for the holiday weekend and spring cleaning. April 11: NCKA Finals, Fridley MN. Last regional tournament until September! April 23: Test Night...check the list next to the office to see if you are eligible! April 30: Bowl for Kid's Sake. Let Ms. Lisa know if you would like to put a team together May 21: Test Night...check the list next to the office to see if you are eligible! <b>WE WILL BE DOING SPRING CLEANING APRIL 3, 4 AND 5...ANYONE (STUDENTS OR PARENTS) INTERESTED IN HELPING WITH THIS PROJECT PLEASE SEE MS. LISA!</b>		