

February 2010 Events Calendar

Upstate Karate

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BBC Weapon of the Quarter: Nunchakus		BBC Intermediate Bo Class & Weapons Training			TEAM PITCH BLACK - MMA Fights at the BiLo Center	Closed for Classes
					Closed - No Classes	
	Pre Test Week	Pre Test Week BBC Intermediate Bo Class & Weapons Training	Pre Test Week	Happy Birthday to the Wonderbog!!!	Pre Test Week Jr. Black Belt Exams	EXAMS BBC ICE SKATING 7:45pm til 9:15pm
Bring a buddy and wear your baggies this week!!!	Regular classes Karate Day Kamp 7:30 am - 6:15 pm	Make Up Exams @ 8pm - must be scheduled w/ Mrs. Becki or Mrs. Laurie			BBC Advanced Bo Class & Weapons Training	Sparring Class
Happy Valentine's Day		BBC Intermediate Bo Class & Weapons Training			BBC Advanced Bo Class & Weapons Training	Combined Sparring Class 9am COACHES PROGRAM 10:15 am
						Sparring Class

DEVELOPING THE WINNER WITHIN IN 2010