

Kim Studio Lancaster September 2010 Special Events Schedule

Notes And Key	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The 1000 Kick Class is divided into two 45-minute sessions with a five minute break between each. It is open to all belts above and including Yellow. Please bring a sports drink for the five minutes break.	30	31	1	2 7:00 Sparring Class	3	4 Studio Closed For Labor Day Weekend
	6 Studio Closed For Labor Day	7	8	9	10 7:00 Lebanon Test (Students arrive by 6:30)	11 9:00-10:30 1000 Kick Class
All students are welcome to attend the Tournament, Self-Defense, and Sparring Classes. Students must provide gloves, boots, and groin protection to spar in the tournament class and for the sparring class. Chest protection is provided.	13 6:00 Tournament Class	14	15 7:00 Self-Defense Class	16 7:00 Sparring Class	17	18
	20	21 6:45 Beginners Class	22 7:00 Black Belt Class	23 7:00 Beginners Class	24 6:00 Bring A Friend Class	25
All students are welcome to bring a friend age 6 and above to the 6:00 class on the 24th. Guests need to dress comfortably, and those under the age of 18 will need a parent/guardian. All students interested in testing are welcome to attend the Testing Students Class.	27	28 7:00 Beginners Class	29	30 7:00 Beginners Class	1	2 9:00 Testing Students Class