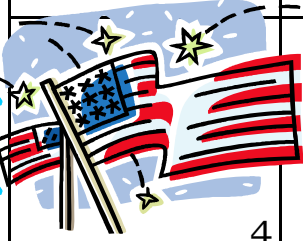

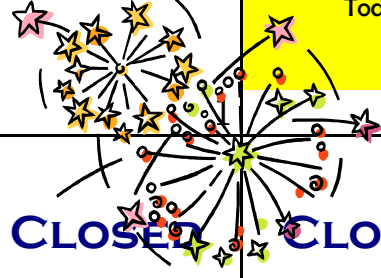
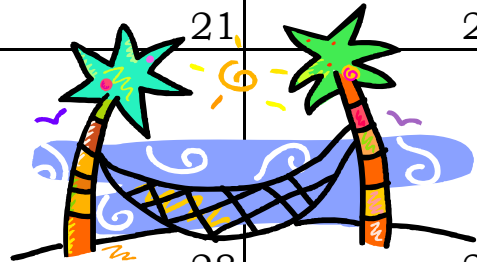


July 2010 Events Calendar

Upstate Karate

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weapon of the Quarter: Keibos 					No Weapons Class Today 	CLOSED
4	5	6	7	8	9	10
Check availability for KARATE KAMP openings!	Pre Test Week	Pre Test Week	Pre Test Week	Pre Test Week	Pre Test Week BBC Weapons Bo/Keibos	Exams All Dragons 9 am All Kids 9:30 am All Teens/Adults 10:30 am
11	12	13	14	15	16	17
Check availability for KARATE KAMP openings!		Make Up Exams Please sign up at front desk			Team Pitch Black at IKF World Championships! No Weapons class	Sparring Class
18	19	20	21	22	23	24
Check availability for KARATE KAMP openings!					BBC Weapons Class Bo/Keibos	Sparring Class
25	26	27	28	29	30	31

Developing the Winner Within in 2010