


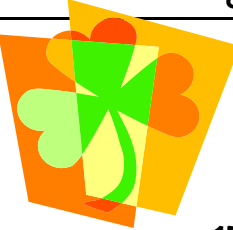






MARCH 2010 EVENTS CALENDAR



Upstate Karate

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BBC Weapon of the Quarters Nunchaku 					BBC - Star Sets/Katas 	Sparring Class
1	2	3	4	5	6	
	Pre Test Week	Pre Test Week	Pre Test Week	Pre Test Week	Pre Test Week JR. BLACK BELT EXAMS	Exams All Dragons 9 am All Kids 9:30 am All Teens/Adults 10:30 am
7	8	9	10	11	12	13
Bring a buddy and wear your baggies this week!!!		Make Up Exams 8 pm - please sign up at front desk	Happy St. Patrick's Day!!! Wear Green! 		BBC - Star Sets/Katas 	Sparring Tournament @ 1:30 pm
14	15	16	17	18	19	20
Sign Up for Spring Break Karate Kamp 3/29 - 4/2					BBC Activity TBA 	Sparring Class
21	22	23	24	25	26	27
	SPRING BREAK Karate Kamp	KARATE KAMP 7:30 am - 6:15 pm Bowling, Quantum X, Movies, Hollywild, Ice Cream Party, Dodgeball Tournament				Sparring Class
28	29	30	31			

Developing the Winner Within in 2010