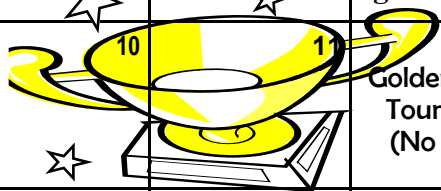



November 2011 Power Black Belt Academy Newsletter Theme: Self-Control

Sun	Mon	Tues	Wed	Thu	Fri	Sat	
		1	2	3	4 6:30 K4K Tournament Sparring Class	5 1:00—4:00 Collar Up- grade Semi-	
SELF-CONTROL	6 Staff Meeting 8:30 pm	7	8 <i>Christmas Order Deadline For Custom Uniforms!!</i>	9	10 	12 Golden Warrior Tournament (No Classes)	
	13 ★	14 ★	15 	16	17 7:30 Super Sparring Night	18 6:30—7:30 pm SBME & DBME SEMI-	
	20 Staff Meeting 8:30 pm	21	22	23 HAPPY THANKS GIVING (No Classes)	24	25 (No Regular Classes)	26 Regular Classes
	27	28	29	30 ★	TRAINING WEAPONS: Oct. 10, 2011— Dec. 10, 2011: Weapons: SJB Basics & Drills XMA: XMA Forms BB: By Rank Leadership Weapons: O Sung Do		

December 2011 Theme: Integrity


Sun	Mon	Tues	Wed	Thu	Fri	Sat
				1	2 ★	3 ★ Regional Tournament (Regular Classes)
4	5 Staff Meeting 8:30 pm	6 6:30 p.m. Early Promotions	7	8 ★	9 ★ Belt Testings	10
11	12	13	14	15	16 ★	17 ★
TRAINING WEAPONS: Dec. 10, 2011—Feb. 11, 2012 Weapons: Combat BME; XMA: XMA Ssahng Nat; BB: By Rank Leadership Weapons: Sam Dan Bong						
18	19	20	21	22	23	24 Christmas Eve (CLOSED)
25 	26 No Classes (CLOSED)	27 - 30th Regular Classes - Dec. 27 - 30th			30	31 CLOSED (New Year's Eve)

UPCOMING EVENTS



**Special Weapons Offer! Get yur
Combat Bahng Mahng Ee for \$10.00
off the regular price when you regis-
ter for just 2 Months of Weapons
Training!!**

BLACK BELT TRAINING TIP

LEARN TO DO WHAT THE WORLD
CHAMPIONS DO TO BE THE BEST:
**READ THROUGH A WRITTEN VER-
SION OF YOUR FORM** AT LEAST
EVERY OTHER WEEK (especially be-
fore a testing or tournament!) 

YOU WILL LEARN SOME NEW
THINGS, REINFORCE SOME THINGS,
AND BE REMINDED
OF OTHERS!

BE YOUR BEST!



BLACK BELTS:



Get Ready For Belt Promotions & Mid-
Terms!!



Friday, Nov. 18th

6:30—7:30 pm

SBME & DBME SEMINARS

Collar Upgrade Seminar

for Teen/Adult
Trainee Instructors

Sat. Nov. 5, 2011

1:00—4:00 pm

\$299.00

Please see Master McFarland for
Registration & Study Guide

Golden Warrior Tournament

Saturday, Nov. 12, 2011
at Power Black Belt Academy

8:30 am—3:30 pm

Class C - ATA
Tournament
BE THERE!!!

