



MARCH 2010



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 LN: Memory	2 3 rd Stripe Black 1 st Stripe White Happy 68th Birthday Grandmaster Choi!!!! CKD 23 Year Anniversary!!!	3 3 rd Stripe Black 1 st Stripe White	4 3 rd Stripe Black 1 st Stripe White	5 3 rd Stripe Black 1 st Stripe White LN: Coordination	6 LN: Memory
7	8 Belt Exam and Class Schedule Available LN: Balance	9	10 Instructor Class 6:15 pm White Stripe Exam Registration/Fees Due	11	12 LN: Teamwork	13 Black Stripe Belt Exams Ninja Exam 10:30 am Ninja Class 10:30 am All CKD students see class/exam schedule for classes/exam times. LN: Balance
14	15 LN: Control	16 2 nd Stripe White	17 2 nd Stripe White EE Dan Black Belt Class 6:15 pm St. Patrick's Day!!!	18 2 nd Stripe White Women's Self- Defense Course Starts 6 pm	19 2 nd Stripe White LN: Focus	20 Grandmaster Choi @ Grand Opening CKD Monroe 12 – 3 pm See us for details! LN: Control
21	22 LN: Coordination	23	24 SWAT Class 6:15 pm	25 Women's Self- Defense Course 6 pm	26 LN: Fitness	27 LN: Coordination
28	29 LN: Teamwork	30 3 rd Stripe White 1 st Stripe Black	31 3 rd Stripe White 1 st Stripe Black	<ul style="list-style-type: none"> • Grandmaster Choi will be in Michigan on March 20 for the Grand Opening of the Monroe CKD school. Details available from the staff. • March is National Nutrition Month! Visit http://www.mypyramid.gov/ for details on eating a balanced diet. Listen in class for special announcements regarding activities this month! • Improvements in anaerobic training in CKD coming this month. Build a strong heart and lungs more effectively in a class very soon... 		