

# Kil's Tae Kwon Do – Events for October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 FOCUS ON FORMS	2 VARIETY DAY WITH RELAYS	3
4	5 FOCUS ON PUNCHING & SELF DEFENSE	6 <b>BRING YOUR SPARRING GEAR</b>	7 <i>FORMS COMPETITION WIN A CERTIFICATE</i>	8 <b>BRING A FRIEND TO CLASS DAY.</b> ☺	9 VARIETY DAY WITH RELAYS	10 <div style="border: 1px solid black; border-radius: 50%; padding: 10px; text-align: center;"> <p><b>Grand Masters Tournament</b> See You There!!</p> </div>
11	12 EVERYONE BRING YOUR NUNCHUCKS	13 FOCUS ON FORMS	14 <b>BRING YOUR SPARRING GEAR</b>	15 FOCUS ON PUNCHING & SELF DEFENSE	16 VARIETY DAY WITH RELAYS	17
18 BLACK BELT PREP CLASS RED BELT & UP 12:20 -2:30	19 FOCUS ON FORMS	20 FOCUS ON PUNCHING & SELF DEFENSE	21 EVERYONE BRING YOUR NUNCHUCKS	22 Kid's testing 5:30 Adult testing 7:30 <b>BRING YOUR SPARRING GEAR</b>	23 VARIETY DAY WITH RELAYS	24
25	26 FOCUS ON PUNCHING & SELF DEFENSE	27 <b>BRING YOUR SPARRING GEAR</b>	28 FOCUS ON FORMS	29 <i>Halloween Party</i> <i>Wear a costume</i> <i>Bring a friend</i> <i>5:00 -6:30</i>	30 VARIETY DAY WITH RELAYS	31 