



AUGUST



Sun	Mon	Tue	Wed	Thu	Friday	Saturday
BASICS WEEK Bring Your Gloves				7/31 @LBEFO TKD Picture Day	1 TKD Picture Day @LBEFO Leadership 8pm Staff Meeting 8:30pm	2 @LBEFO TKD Picture Day REGULAR CLASSES
3 FORMS WEEK Full Uniform & Belt Stretchers	4	5	6	7	8	9 Before & After School OPEN HOUSE @South Run 10am-12pm @Fair Oaks 5pm-7pm Meet and Greet the Staff, Food, Games, & Prizes!
10 SPARRING WEEK Bring Your Equipment	11	12	13	14	15 Parent's Night Out Party 7:30-10:30pm (\$25) 6:45- 10:30pm (\$40) Invite your friends for fun and games, pizza, dodgeball, and a movie!	16 @LBEFO Bully Prevention & Self Defense Class 5-5:45PM \$Free/BBC or MC \$10/non BBC or parents
17 BASICS WEEK Bring Your Gloves	18 First Day of School!	19 20 21 ALL WEEK..BRING A FRIEND & BREAK A BOARD Please arrive 15 min early with your friend and <u>their</u> parent. Guests must be new students who have never taken an LBE class and reside within NOVA area. You receive a RED Star & a Gift Certificate Your friend receives 1 MONTH of Free Lessons			22 @LBE SR 4th Stripe Testing 5:45-8:30 NO CLASSES Wear Full Uniforms, Bring Equipment, ITP & report card. Prepare for written exam POTLUCK & GRAD Bring a Food Item	23 @LBE FO 4th Stripe Testing Regular class schedule Wear Full Uniforms, Bring Equipment, ITP and report card. Prepare for written exam POTLUCK & GRAD Bring a Food Item
24 FORMS WEEK Full Uniform & Belt Stretchers	25 Happy Birthday Mr. Randolph!	26	27	28 Happy Birthday Ms. Cecilia!	29 SCHOOL CLOSED Labor Day Weekend 8/29-9/1	30 SCHOOL CLOSED Labor Day Weekend 8/29-9/1
31 9/1 SCHOOL CLOSED Labor Day Weekend 8/29-9/1	9/2 Welcome Back! It's SPARRING WEEK		9/3	9/4	9/5 @LBEFO Leadership 8:00pm Staff Meeting 8:30pm	9/6



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www.LBETKD.com
Instagram: @LBETKD
Facebook Page:
Lead By Example Tae Kwon Do

COMING SOON:

- 8/29-9/1 School Closed for Labor Day Weekend
- 9/5 Leadership @FO 8pm
- 9/5 Staff Mtg @FO 8:30pm
- 9/16 @FO BB Bring Bo Staffs
- 9/17 Happy Bday Ms. Demi
- 9/18 @SR BB Bring Bo Staffs
- 9/19 Parent's Night Out Party
- 9/21 Happy Bday Ms. Kimi
- 9/24 Happy Bday Master Evan
- 9/26 4th Stripe @SR
- 9/27 4th Stripe @FO

NEWS:

- Rate Our School: Go to Yahoo, Google, Yelp, Facebook.com and find our location and give us a review. Help us reach out to our community!
- Find us on Facebook & Instagram at the usernames above!