



JANUARY



SUNDAY	MON	TUE	WED	THU	FRIDAY	SATURDAY
BASICS WEEK Bring Gloves					1 Happy New Year	2 CLASSES RESUME ZOOM Staff Meeting 5:30pm
3 FORMS WEEK Wear Full Uniforms & Belt Stretchers	4	5	6	7	8	9
10 SPARRING WEEK Bring ALL Equipment Masks required under your helmets	11	12 Happy Birthday MR. MIKE!	13	14	15	16 @SR NUNCHUCKS CLASS 5:30-6:15pm \$10/BBC; \$Free/MC \$30/foam weapon; \$40/wooden weapon; \$10 rent Open to all Blk Belt & Masters Club Members
ALL WEEK...BRING A FRIEND & BREAK A BOARD Invite a friend to a Beginner class (In Studio or on Zoom) Arrive at least 15 min early, with <u>their</u> parent Your guest should be new student residing in the NOVA area only You receive a RED Star & a Gift Certificate; Your friend receives 1 MONTH FREE						
17 FORMS WEEK Wear Full Uniforms & Belt Stretchers	18	19	20	21	22 @SR In Studio 4TH STRIPE TESTING Check for testing time Wear Full Uniform, Bring Equipment, ITP, Report Card, & Take Oral/Written	23 @FO In Studio 4TH STRIPE TESTING Check for testing time Wear Full Uniform, Bring Equipment, ITP, Report Card, & Take Oral/Written
24 BASICS WEEK Bring Gloves	25 ZOOM 4TH STRIPE TESTING Sign up on the App for times	26	27	28	29	30 ZOOM SWORD CLASS 4:45-5:30pm \$10/BBC; \$Free/MC \$30/weapon; \$10/rent
31 FORMS WEEK Wear Full Uniforms & Belt Stretchers	2/1	2/2	2/3	2/4	2/5 ZOOM Staff Meeting 8pm	2/6



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Lead By Example Tae Kwon Do

COMING SOON:

- 2/5 Zoom Staff Meeting 8pm
- 2/6 Zoom Sword Class 5:30pm
- 2/11 Parent's Night Out @SR
- 2/12 Parent's Night Out @FO
- 2/19 4th Stripe Testing @SR
- 2/20 4th Stripe Testing @FO
- 2/22 Zoom 4th Stripe Testing
- 2/27 Bo Staff Class @FO 4:45

NEWS:

- Email Newsletter: If you would like to receive weekly news and to subscribe, please email us or give your info to the office. Please make sure to check your spam filter!
- Join our Facebook Page and share events and photos. Each location has a separate page, feel free to join all of them for news!
- Rate Our School: Go to yelp, facebook, yahoo, google, etc. and click on our location and give us a review. Help us to reach out to our community!

During Inclement Weather:

Please check the My Studio App messages, our website, your emails, or our social media pages (Facebook, Instagram and Twitter) for opening/closings due to weather. We try our best to post announcements by 2pm. We do not follow the school closings. Please limit your phone calls into the school.