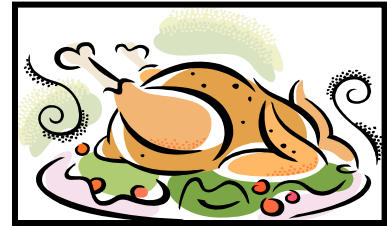


# NOVEMBER



SUN	MON	TUE	WED	THU	FRI	SAT
<b>FORMS WEEK</b> Full Uniforms & Belt Stretcher	Register Now for the LBE Tournament on... 12/7 Lorton Community Center Pre-Reg & Save by 11/30				<b>1 CAMP @URBAN AIR</b> \$80/child, \$6.50/Lunch <b>@LBE Fair Oaks</b> <b>Leadership Class 8pm</b> <b>Staff Meeting 8:30pm</b>	<b>2 @LBE Fair Oaks</b> <b>Self-Defense Class</b> 5-5:45pm Free/BBC; \$10/non BBC, friends, & family
<b>3 SPARRING WEEK</b> Bring Your Equipment Daylight Savings Clocks 1 hour Back!	<b>4 ELECTION DAY CAMP</b> @Uptown Alley \$80/child \$5 cash/arcade game card Wear Camp Tee	<b>5 ELECTION DAY CAMP:</b> @University Mall <b>Lego MOVIE</b> Piece by Piece \$80/child \$3/popcorn/drink Wear Camp Tee	6	7	8	<b>9 @LBE Fair Oaks</b> <b>Black Belt Exam 6pm</b> Good Luck Candidates!
<b>10 BASICS WEEK</b> Bring your Gloves	<b>11 Veterans' Day CAMP</b> @Air & Space Museum & IMAXX Movie \$80/child Wear Camp Tee	<b>12 13 14 ALL WEEK....BRING A FRIEND &amp; BREAK A BOARD</b> Please ask for the link to the My Studio App Arrive at least 5-10 min early, with their parent, New students residing in the NOVA area only. You receive a RED Star & Gift Certificate Your friend gets 1 MONTH of FREE LESSONS			<b>15 GLOW PARTY!</b> Parent's Night Out Party 7:30-10:30pm \$25/child Invite your friends for some fun, games, cheese pizza and a movie!	<b>16 Happy Birthday Master Cassandra!</b>
<b>17 FORMS WEEK</b> Full Uniforms & Belt Stretcher	18	<b>19 @FO BB Class</b> <b>Bring Bo Staffs</b>	20	<b>21 @SR BB Class</b> <b>Bring Bo Staffs</b>	<b>22 @LBE South Run 4th Stripe Testing</b> <b>NO CLASSES 6:30-8:30</b> Please see the desk for testing time & Potluck Sign Up	<b>23 @LBE Fair Oaks 4th Stripe Testing</b> <b>7PM Graduation</b> Please see the desk for testing time & Potluck Sign Up
<b>24 SPARRING WEEK</b> Bring your Equipment	<b>25 HOLIDAY SALE!</b> 11/29-12/31/24 UPGRADE your current membership to the Black Belt Club & receive 15% off PIF and 10% off monthly Memberships and 10% off all Retail	26	<b>27 PRE-TURKEY DAY CAMP</b> Wear your camp Tee, pack your lunch & snacks, and bring a Water Bottle \$80	<b>28 Happy</b> 	<b>29 Thanksgiving!</b>	<b>30 REMINDER...</b> <b>The LBE Tournament Pre-registration ends at Midnight Tonight!</b> <b>Late Registration Ends 12/4 - No Reg @Door</b>
<b>SCHOOL CLOSED 11/28 - 30: Next week is SPARRING</b>						



Email:

LBETKD@yahoo.com  
www.LBETKD.com

Twitter/Instagram:

@LBETKD

Facebook:

Lead By Example Tae Kwon Do  
Fair Oaks & South Run

### COMING SOON:

- 12/3 Shining Star Donations Begins
- 12/6 Leadership Class 8pm @FO  
Staff Meeting 8:30pm @FO
- 12/13 Parent's Night Out Party
- 12/17 BB Bring Nunchucks @SR
- 12/21 4th Stripe @FO
- 12/18-22 Winter Break Camp @SR  
\$80/day or \$350/week  
Bring your Lunch, Snacks, Water Bottle and Wear your CAMP tee! ?
- 12/19 BB Bring Nunchucks @FO
- 12/20 4th Stripe @SR
- 12/23 - 1/1 Winter Break:  
CLOSED NO CLASSES
- 1/2 & 1/3 Winter Break Camp

### NEWS:

- Notifications are sent weekly via the My Studio App
- Rate Our School: Go to yahoo, Google, Yelp, or Facebook and find our location and give us a review. Help us to reach out to our community!
- If you have pictures of past LBE Events that you would like to share, please email them