



SEPTEMBER



Sun	Mon	Tue	Wed	Thu	Friday	Saturday
FORMS WEEK Full Uniform & Belt Stretchers				1	2 CLOSED For LABOR DAY Weekend	3 CLOSED For LABOR DAY Weekend
4 SPARRING WEEK Bring Equipment	5 CLOSED For LABOR DAY Weekend	6	7	8	9 @LBFO Leadership Class 8-8:30pm Staff Meeting 8:30pm	10 @LBFO Nunchucks Class 5:00-5:45pm \$10/class for BBC \$Free/class for MC \$30/Weapon, \$10/Rent
11 BASICS WEEK Bring Gloves	12	13	14	15	16 @LBESR Parent's Night Out Party 7:30-10:30pm \$25/child, \$20/BBC Come join us for some fun and invite your friends for games, pizza, & a movie!	17
	<div style="border: 2px solid black; padding: 5px; text-align: center;"> BRING A FRIEND & BREAK A BOARD WEEK 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 and a Gift Certificate Your friend receives 1 MONTH of Free Lessons </div>					
18 FORMS WEEK Full Uniform & Belt Stretchers	19	20	21	22	23 @LBESR 4th Stripe Day Full uniform, equipment, report card, ITP, and written exam White & Brown Belts turn in your TKD notebook	24 @LBFO 4th Stripe Day Full uniform, equipment, report card, ITP, and written exam White & Brown Belts turn in your TKD notebook
	<div style="border: 2px solid black; padding: 5px; text-align: center;"> OCTOBER is Breast Cancer Awareness Month You many wear your PINK Belt or PINK Tee to show your support. If you would like to purchase a Pink Belt or Tee Please make a cash or check donation of \$20/item at the front desk. All proceeds will go to any nominated Survivor/Candidate or to a Breast Cancer Foundation. </div>					
25 SPARRING WEEK Bring Equipment	26 Teacher Work Day Camp "Uptown Alley" \$80/child \$60/FT ASP \$5 Cash for Game Card, Pizza & Drinks	27	28	29	30 @LBFO Parent's Night Out Party 7:30-10:30pm \$25/child, \$20/BBC Come join us for some fun and invite your friends for games, pizza, & a movie!	10/1 Breast Cancer Awareness Month Begins - Purchase & Wear Your Pink Belt or Pink LBE Tee (\$20 Donation)



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Twitter: @LBETKD
Facebook: Lead By Example
Tae Kwon Do Martial Arts

COMING SOON:

- 10/1 Nunchucks @FO 5pm
- 10/7 Leadership Class @FO 8pm
- 10/7 Staff Meeting @FO 8:30pm
- 10/5 Yom Kippur CAMP
- 10/8 LBE 25th Anniversary Picnic
- 10/10 Columbus Day CAMP
- 10/21 4th Stripe Day @SR
- 10/22 4th Stripe Day @FO
- 10/24 Diwali CAMP
- 10/28 Trunk or Treat & PNO @SR
- 10/29 Trunk or Treat & PNO @FO
- 10/31 Happy Halloween
- TBA Sword & Bo Staff Class
- 11/4 Leadership @FO 8pm
- 11/4 Staff Mtg @FO 8:30pm
- 11/5 Dave Kovar SEMINAR @FO
- 11/6 Daylight Saving
Turn clocks 1 hour backwards
- 11/8 Election Day Camp
- 11/11 Veteran's Day Camp
- 11/24-27 Thanksgiving Break
NO CLASSES - School Closed

NEWS:

- Rate Our School: Go to Yahoo, Google, Yelp or Facebook and give us a review. Help us reach out to our community!
- Find us on Facebook, Instagram & Twitter