



**Don't
Forget

Your
Valentine**

More than Martial Arts!

Courage will keep you from being intimidated by the prospect of failure. It is a measurement of your heart, your desire, your inner strength. When you meet an opponent who may be bigger and stronger your inner strength and heart can give you the winning edge. It gives you the confidence to do what it takes to be a winner. You will need courage when faced with difficulty or nearly impossible situations.

Instructors Phone Numbers

- USAFA 440-0512
- East Central 591-0557
- Patrick Henry 573-5209
- Rustic Hill 683-8935
- Westside 534-0350
- West Central 578-0763
- Monument 591-0557
- Rockrimmon 522-1450
- Woodland Park 313-7979
- Cimarron Hills 661-3735
- Norwood 231-3557
- Summerfield 282-6885
- Garden of Gods 528-6968
- Stetson Hills 638-7075
- Meridian Ranch 573-5209
- Woodmen Hills 683-8935
- Eagleridge 201-0924
- Wildflower 232-4310
- Fire Station 598-6046
- Patriot 638-8945
- Pikes Peak 314-6327
- Castle Rock 440-0512
- South West 303-524-2574
- Northgate 591-0557
- East Central II 591-0557
- Pine Creek 622-1025
- Springs Ranch 622-1025
- Mountain View 303-524-2574



Up Coming
Events

Sat, February 20th
Basic Kempo Mixed
Martial Arts
Workshop #1-1
4:00 to 6:30 pm

Sat, March 20th
UNIVERSAL
BIG SHOW
(C/S City Auditorium)

February 2010



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1 Sparring Kama	2	3	4	5	6 RT
Word of the Week Count On		Word of the Month Courage				
7	8 Nunchuku Short Stick	9	10 	11	12	13
Word of the Week Quite Calm						
14	15 Grappling Kama	16	17	18	19	20 BASIC KEMPO MIXED MARTIAL ARTS WORKSHOP 4:00 to 6:30 pm
Word of the Week Confidence	President's Day Holiday	I know that Confidence is telling myself the truth, and Honesty is telling the truth to other people.				
21	22 Short Stick Sparring	23	24	25 Testing	26	27
Word of the Week Brave						
28	Nunchaku Staff	If it is not the right do not do it; If it is not true do not say it.				
Word of the Week Fearless	Promotions					