



**Remember to put your name on your equipment**

More than Martial Arts!

We often think of peace as the absence of war; that if the powerful countries would reduce their arsenals, we could have peace. But if we look deeply into the weapons, we see our own minds...our prejudices, fears, and ignorance. Even if we transported all the bombs to the moon, the roots of war and the reasons for bombs would still be here, in our hearts and minds, and sooner or later we would make new bombs. Seek to become more aware of what causes anger and separation, and what overcomes them. Root out the violence in your life, and learn to live compassionately and mindfully.

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


**Mon March 15th**  
Ninja Night at Frontier

**Sat. March 20th**  
Universal Kempo BIG SHOW

**Wed, April 14th**  
**Sat, April 17th**  
JUNIOR BLACK BELT TESTING at the FIRE STATION BRANCH

# March 2010



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1 Sparring Nunchaku	2	3	4	5	6 RT
Word of the Week <b>Fearless</b>		<b>Word of the Month Compassion</b>				
7	8 Nunchuku Short Stick	9	10	11	12	
Word of the Week <b>Restraint</b>						
14	15 Grappling Kama	16	17	18 Testing Night	19	20 <b>UNIVERSAL KEMPO BIG SHOW</b>
Word of the Week <b>Kindness</b>		When you are kind to people that will come back to you 10 fold				
21	22 <b>SPRING BREAK No Training</b>	23 <b>SPRING BREAK No Training</b>	24 <b>SPRING BREAK No Training</b>	25 <b>SPRING BREAK No Training</b>	26 <b>SPRING BREAK No Training</b>	27 <b>SPRING BREAK No Training</b>
Word of the Week <b>Mercy</b>						
28	29 Promotions Night Sparring Staff		31			
Word of the Week <b>Caring</b>						