



Grand Master D.Y. Pai's Tae Kwon Do

September 2021

Lesson of the Month: *Perseverance*

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
8/29 — Test Prep Week —	8/30	8/31	1	2	3 No Classes 9/3—9/6! Labor Day Long Weekend! Classes Resume 9/7!	4 NO CLASSES!
5 — Test Prep Week —	6	7 Full Uniforms to Classes!	8	9	10 5:00 PM—BB Power Class 6:30 PM—Leadership Team Class	11 NO CLASSES!
12 — Testing Week —	13 Regular Classes!	14	15	16	17 5:00 PM—BBC/MC Class 5:40 PM—BB Prep Class #4	18 NO CLASSES!
19 — Conditioning Week —	20 New Class Schedule!	21	22	23	24 5:00 PM—BB Power Class 6:30 PM—Demo Team Class	25 NO CLASSES!
26 — Nunchuck Week —	27	28	29	30	10/1 5:00 PM—BBC/MC Class 5:40 PM—BB Prep Class #5	10/2 NO CLASSES!

IMPORTANT REMINDERS:

- * Wear mask correctly while inside the building.
- * Stay home if not feeling well or know you have been exposed to someone with COVID.
- * Continue to wash / sanitize hands & keep fingers away from eyes, nose, mouth!
- * Let's continue to fight this pandemic together! Be healthy & be safe!

|Upcoming Events|

- 10/1—BB Prep Class #5
- 10/11—Columbus Day TKD Camp
- 10/15—BB Prep Phase II Exam
- 10/16—Pai's Fall Championship
- 10/29—Pai's Halloween Party and Demo
- 11/24-11/28—Thanksgiving Break

Keep an eye out for emails/posts on any additional events!

SPARK MEMBER APP

Make sure to download SPARK MEMBER APP!
Book your classes, look up your TKD curriculum,
check your class attendance, get the latest
updates, and MORE!

Emails & Updates:

- * If you are not receiving our emails, please provide the Pro-Shop with the correct email address!
- * Every Monday and Tuesday class will be focused on FORMS.
- * Every Wednesday and Thursday class will be focused on SPARRING.