

Message of the Month:
SELF-DISCIPLINE

Means:
 TO CONTROL YOUR MIND & BODY

APRIL 2016 *Tran's Martial Arts*

LIL' TIGERS & DRAGONS

Sun

Mon

Tue

Wed

Thu

Fri

Sat



DON'T MISS IT! BLACK BELT SPECTACULAR

Sat., May 7th @ 10am Lucille Erwin MS Buy Your Tickets \$6/\$8 Door

Come See Students Perform for their Black Belts from all our Tran's Schools.

It's an AWESOME show & see our Demo Team Perform!



ATTENTION YOUNG TIGERS:

DO YOU WANT TO PERFORM IN A DEMONSTRATION AT THE BLACK BELT SPECTACULAR? See An Instructor!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 KICKS & PUNCHES WEEK	5	6	7	8	9
10	11 SELF DEFENSE & PAD WORK WEEK	12-16 BUDDY WEEK - Invite a friend/sibling to join you in class!				
17	18 BLOCKS & STANCES WEEK	19	20	21 Leadership Night Lil' Dragons 4:30-5:00 NO REGULAR CLASSES	22	23
24 MANDATORY TRADITIONAL TOP WEEK: Students must wear traditional dobok tops to all classes.	25 SPEED & BALANCE WEEK	26	27	28	29 <i>Red Carpet Promotion Night 5:30 PM</i>	30