

596-2444



# RYU'S MARTIAL ARTS

75 Atlantic Ave  
Lynbrook  
ryusmartialarts.com

**YES I CAN! YES YOU CAN! YES WE CAN!**

October 2010						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Parents Workshop	2
3	4	5	6	7	8 Black Belt Candidate Meeting	9
10 East Rockaway Octoberfest Demo	11	12	13 Bodan Training Adult Kicking Clinic	14	15	16 Greater NY Tournament
17	18	19	20 Bodan Training	21	22 Movie Night	23
24	25	26	27 Adult Poomse Clinic	28	29 Halloween Buddy Safety Class and Party	30 NYS Governors Cup
31	<div style="border: 1px solid black; padding: 5px; text-align: center;">                     November 7 – Black Belt Outdoor test                      SPARRING WEEK for Blue Belt and up                 </div>					

**10/8 – Black Belt Candidate Meeting** – 6:20 pm - All bodan students and their parents are asked to attend to go over the requirements for taking the black belt test in December.

**10/10 – East Rockaway October Fest Demo** – 12:00 pm by the Fishery. Come support our team!

**10/13, 20, 27 – Black Belt Candidate Training** – All black belt candidates must attend the Wednesday 5:30 classes.

**10/13 – Adult Kicking and Stretching Clinic** – 7:45 – This promises to be a good physical workout that will end with deep stretching.

**10/16 – Greater NY Tournament** – Queens College – All color belts can compete in forms, board breaking and sparring. This is a great confidence building experience for the children. If you are interested the applications are available in the office. Deadline is 10/9.

**10/22 – Movie Night** – Bring a buddy – 6:30-9:30 – The children will have fun playing TKD games, have pizza and watch the Karate Kid. Cost is \$10 per person. BBC members are \$7 per person.

**10/27 – Adult Poomse Clinic** – 7:45

**10/29 – Halloween Safety Class and Party** – Wear a Crazy costume and bring a buddy to this fun and educational class. Ages 4-7 – 5:00-6:00, Ages 8 + - 6:30-7:30 **NO REGULAR CLASSES**

**10/30 – NYS Governors Cup** – Queens College – Another opportunity to compete in a tournament.