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January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adults Train FREE New adult students may train FREE in January		1 Happy New Years!!! Madelyn Ogata's Bday	2 Winter Camp Day 4 Judy Thao's Bday	3 Winter Camp Day 5	4 Winter Camp Day 6 Dylan Lourenco's BDay	5 Kevin Sinclair & Aiden Sanui's BDay
6 Week 1 Carter Lim and Enyma's BDay	7 Buddy Week Bring a friend to class. Ben Huxsol's Bday	8 Buddy Week Bring a friend to class.	9 Buddy Week Bring a friend to class. Bring your Escrima Stick Colton Wiseman's Bday	10 Buddy Week Bring a friend to class. Bring your Escrima Stick Joshua Fingado's Bday	11	12 Buddy Week Bring a friend to class. Bring your Escrima Stick Dree Goding's BDay
13 Week 2 Ryan Szeto's Bday	14 Jonah Hairston's Bday	15	16 Bring your Escrima Stick Andres Cardenas' Bday	17 Bring your Escrima Stick	18	19 Black Belt Run - Day 1 8AM Bring your Escrima Stick
20 Week 3	21	22	23 Bring your Escrima Stick	24 Bring your Escrima Stick	25	26 SF Trip - Leaving from iYa at 6AM Bring your Escrima Stick
27 Week 4	28	29	30 Bring your Escrima Stick Harwant Dhaliwal's Bday	31 Bring your Escrima Stick		

LET'S WELCOME

1. Isreal Lee
2. Isaac Lee
3. Zane Goding
4. Matthew Koeswondo
5. Gracie Wiseman
6. Colton Wiseman
7. Paloma Cazorla-Hallett

BLACK BELT CANDIDATES! 1/19 @ 8AM

Black Belt candidates! You're first run is on 1/19 from 8am to 11:30am. Be on time. Unless it's a heavy rain, we will run and train afterward.

ESCRIMA 1/9

Bring your Escrima to class starting on the 9th. You will need it on Wednesday and Thursday only. At this moment, we do not have any of the foam escrima for sale. We will look to see if there's an alternative.

BUDDY WEEK 1/7 - 1/12

It's the new year! Bring a friend to Taekwondo and share what great things you are learning. It's free. Pick up a permission slip from the Pro-Shop.

SAN FRANCISCO TRIP 1/26

If you signed up for the San Francisco trip, please meet here at iYa by 6am. We will take off from here. If you don't have a ride, we will provide a ride for you. Lunch will be provided. Bring two pairs of extra clothes to change out of. It will be SUPER fun!

UP COMING EVENTS:

- 2/9 Sac Invitational at ARC
- 2/16 Parent's Night Out
- 2/23 Belt Promotion

