



# Twin Dragons Martial Arts & Fitness

## February 2010

Sun

Mon

Tue

Wed

Thu

Fri

Sat

	1 <i>Flexibility week</i> Il soo sik/ bong il soo sik	2 Il soo sik & sparring	3 Hyungs & sparring	4 <b>7:30 PM</b> <b>BB Test Class</b> Hyungs & Bong hyungs	5	6 <b>11:00 AM</b> <b>Kick –A-Thon</b> <b>Charity Event</b> Basics (P)
7 <i>Strength week</i>	8 Ho sin sul & ground defense (P)	9 Ho sin sul & sparring	10 Il soo sik & sparring	11 <b>7:30 PM</b> <b>BB Test Class</b> Il soo sik & bong il soo sil (P)	12 <i>BB test packages due</i>	13 <b>11:00 AM</b> <b>Gup Training Day</b> <b>at St. Paul Lutheran Church</b> <b>TD CLOSED</b>
14 <b>HAPPY VALENTINES DAY!</b> <i>Cardio week</i>	15 <i>Aiken Co. School Holiday.</i> Hyungs & bong hyungs	16 Hyungs & sparring	17 Ho sin sul & sparring	18 <b>7:30 PM</b> <b>BB Test Class</b> Ho sin sul & ground defense	19	20  Il soo sik/ ho sin sul (P)
21 <b>Demo Team Practice 1-3 PM</b> <i>Test Prep week</i>	22 Il soo sik & ho sin sul (P)	23 Il soo sik, ho sin sul & sparring	24 Hyungs, basics & sparring	25 Hyungs, basics & bong hyungs (P)	26  <b>6:00 PM</b> <b>GUP TEST</b>	27 Hyungs (P) 11:00 AM BBC Seminar
28 <i>Flexibility week</i>						