

More than just Punching and Kicking




Demo Team Wanted

*You think you got what it takes ?
Are you up for a serious challenge
to become part of the
NAK DEMO TEAM*

You will learn new fancy techniques, new weapons, flips and ricks. Demo team will travel and how off all their skills. We will perform at parks, churches, schools, parking lots, movie theaters and plenty of others places. The Demo team will practice on a weekly basis, with strict rules and by laws to follow. Must be willing to purchase new weapons and uniforms if need it for the skirts. First you must qualify , must be

- Black Belt Club member**
- Have a Great attitude**
- Be a team player**
- Purple belt and higher;**

April 2010

Sun	Mon	Tues	Wed	Thu	Fri	Sat
Word of the week Caring	Word of the month Friendship			1	2 PRIVATES CLASS	3 Easter no training
7 Word of the week Loyalty	5 T-Shirt Week	6 STREET CLOTHES	7 STREET CLOTHES	8	9	10 Private SD Class at 1pm
14 Word of the week Compassion	12 Buddy Week	 13	14 STREET TRAINING- FOR BBC	15	16 Gun Class #1	17 Gun Class #1
21 Word of the week Honesty	19 Pre- Testing	20	21	22	Test 23	24 PICNIC 10AM
28 Word of the week Love	26 T-Shirt Week	27	28	29	