

March 2010

NAK Martial Art Center 745 N Gilbert Rd #118
480-632-7833 — www.gotthenak.com



SUN MON TUE WED THU FRI SAT

WORD OF THE WEEK Fearless	1 T-Shirt week ->	2	3	4	5 Black Belt training	6 Black Belt training
7 WORD OF THE WEEK Restraint	8 Buddy Week -->	9 Street Clothes Training	10 Street Clothes Training	11	12 TACTICAL GUN LEVEL II 6-12PM	13 TACTICAL GUN LEVEL II 6-12PM
14 WORD OF THE WEEK Kindness	15 Tip test-ing week ->	16 	17	18	19	20 NO STORM
21 WORD OF THE WEEK Mercy	22 Pre-Testing Week -->	23 Training in the Dark	24 Training in the Dark	25	26 Women's Self-Defense clinic 1-2 PM	27 TESTING @ 10 AM
28 WORD OF THE WEEK Caring	29 Sparring Week -->	30	31 Street Training 6 jr's 7 Adults BBC only			



!TOTAL CONFIDENCE !

**WORD OF THE MONTH
CAMPASSION**

We often think of peace as the absence of war; that if the powerful countries would reduce their arsenals, we could have peace. But if we look deeply into the weapons, se see our own minds...our prejudices, fears, and ignorance. Even if we transported all the bombs to the moon, the roots of war and the reasons for bombs would still be here, in our hearts and minds, and sooner or later we would make new bombs. Seek to become more aware of what causes anger and separation, and what overcomes them. Root out the violence in your life, and learn to live compassionately and mindfully.