



More than Martial Arts!

Remember:
TRAIN HARD
And have fun
learning the
new Cycle Level
Material!!!!

July 2010



"We all have a responsibility....
a responsibility to make a difference. To be
an influence, to lift someone. We are all in
this together to work out our salvation, to
reach our potential, and to be our brother's
keeper....To help each other."

Marjorie Hinckley

Instructors Phone Numbers

USAFA	440-0512
East Central	591-0557
Patrick Henry	573-5209
Rustic Hill	683-8935
Westside	534-0350
West Central	578-0763
Monument	591-0557
Rockrimmon	522-1450
Woodland Park	313-7979
Cimarron Hills	661-3735
Norwood	231-3557
Summerfield	282-6885
Garden of Gods	528-6968
Stetson Hills	638-7075
Meridian Ranch	573-5209
Woodmen Hills	683-8935
Eagleridge	201-0924
Wildflower	232-4310
Fire Station	598-6046
Patriot	638-8945
Pikes Peak	314-6327
Castle Rock	440-0512
South West	303-524-2574
Northgate	591-0557
East Central II	591-0557
Pine Creek	622-1025
Springs Ranch	622-1025
Mountain View	303-524-2574

Up Coming Events

Sat. Jul 17th
Alex Hoag Run For
Sunshine Demo

Tues, Jul 20th
Kempo Night Out @
Sky Sox Stadium
No Classes

Jul 21st & 24th
Junior Black Belt
Testing

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			30 Regularly Scheduled Classes	1 Regularly Scheduled Classes	2 Independence Day Recognition No Classes	3 Independence Day Recognition No Classes
ASK ABOUT OUR UNIVERSAL BIRTHDAY PARTIES Have your next Party at Universal Kempo-Karate						
4 <u>Word of the Week</u> Duty	5 Independence Day Recognition No Classes	6 T-Shirt Week Introduction To Seminar Material	7	8	9 <u>Friday Nite Lineup</u> Forms H.I.T. Fitness Flexibility Advanced Training BB Meeting 7:30 p.m.	10 Regular Schedule
11 <u>Word of the Week</u> Pledge	12 T-Shirt Week KAMA Week	13	Ask About Our Award Winning UNIVERSAL KARDIO KICKBOXING		16 <u>Friday Nite Lineup</u> Weapons H.I.T. Fitness Flexibility Advanced Training	17 Alex Hoag Run for Sunshine Demo No Classes
18 <u>Word of the Week</u> Obligation	19 Testing Week Full Uniform	20 "Kempo Night Out" at Sky Sox Stadium <u>No Classes</u>	21 Junior Black Belt Testing 6:00 to 9pm	22	23 <u>Friday Nite Lineup</u> SPARRING H.I.T. Fitness Flexibility No Adv. Training	24 Testing No classes
25 <u>Word of the Week</u> Honesty	26 T-Shirt Week Staff Week	27	Word of the Month Responsibility		30 <u>Friday Nite Lineup</u> Forms H.I.T. Fitness Flexibility Advanced Training	31 Regular Schedule