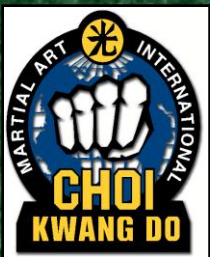


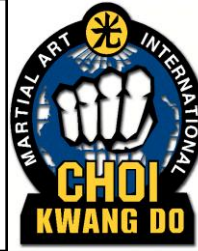


Choi Kwang Do Black Belt Academy (Scotland)

ckdbbasotland@ckd.org.uk (01975) 563273 www.ckd.org.uk



November 2008



01 Saturday

02 Sunday

Happy Birthday
Ms Dobson!

Sunday
Mixed Class
10:30 to 12:00

ALFORD

03 Monday

04 Tuesday

05 Wednesday

06 Thursday

07 Friday

08 Saturday

09 Sunday

SAC

18:00 to 19:30

4-7's: 18:00
7-14's: 18:45
Adult: 19:30
end: 20:45

ALFORD

Shell CKD

12:00 to 13:00

St MARGARETS

12:30 to 13:00
13:00 to 13:30

KINGSWELLS

18:00 to 19:30

Sunday
Mixed Class

10:30 to 12:00

ALFORD

Happy Birthday
Lindsey!

10 Monday

11 Tuesday

12 Wednesday

13 Thursday

14 Friday

15 Saturday

16 Sunday

SAC

18:00 to 19:30

4-7's: 18:00
7-14's: 18:45
Adult: 19:30
end: 20:45

ALFORD

Shell CKD

12:00 to 13:00

St MARGARETS

12:30 to 13:00
13:00 to 13:30

KINGSWELLS

18:00 to 19:30

BlackBelt/AI Class
19:40 to 20:30

Please be stretched
up before hand!!

Sunday
Mixed Class

10:30 to 12:00

ALFORD

Happy Birthday
Mr. Denham!

17 Monday

18 Tuesday

19 Wednesday

20 Thursday

21 Friday

22 Saturday

23 Sunday

SAC

18:00 to 19:30

4-7's: 18:00
7-14's: 18:45
Adult: 19:30
end: 20:45

ALFORD

Shell CKD

12:00 to 13:00

St MARGARETS

12:30 to 13:00
13:00 to 13:30

KINGSWELLS

18:00 to 19:30

Sunday
Mixed Class

10:30 to 12:00

ALFORD

Happy Birthday
Ms Douglas!

Happy Birthday
Ben!

24 Monday

25 Tuesday

26 Wednesday

27 Thursday

28 Friday

29 Saturday

30 Sunday

SAC

18:00 to 19:30

4-7's: 18:00
7-14's: 18:45
Adult: 19:30
end: 20:45

ALFORD

Shell CKD

12:00 to 13:00

St MARGARETS

12:30 to 13:00
13:00 to 13:30

Last class until
after XMas

KINGSWELLS

18:00 to 19:30

Sunday
Mixed Class

10:30 to 12:00

ALFORD



Many Congratulations to
Derek and Jacob Gray
our newest Black Belts

Pil Suhng Gentlemen!!