

What's New October - November 2009 Edition

Give More Than Candy this Halloween!

Soo Bahk Do Is Sweeter.

Ask your Instructor for Your Free Supply of Trick or Treat Prizes!

Include Guest Passes for a Beginners Free Trial Month

4th Annual Treats & Train for Food

October 28 & 29, all classes 3:30 - 7:30 PM

***Come in Costume & Bring Food for the Food Bank
& Friends & Family to Train for Free***



Dan Shim Sa (Midnight Blue Belt Testing) & Clinic

Whatcom Meadows - 478 Cain Road, Sedro-Woolley, WA 98284

November 13 - Pre Shim Sa Clinic for 1st Gup Members - 6:30 PM

November 14 - Special RE Clinic 10:30 AM - All Students -

Preregistration Recommended by October 30, for low \$10 registration

Links for detail: <http://www.soobahkdo10.com/6.html> <http://www.soobahkdo10.com/12.html>

*Since this Whatcom Meadows is a gated community
you need to advise your instructor of your intention to attend.*



Catch up on what's been going on at the Region 10 Events Link:

<http://soobahkdo10.com/reg10news.html>

Anacortes Soo Bahk Do - A Martial Art for Life

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