

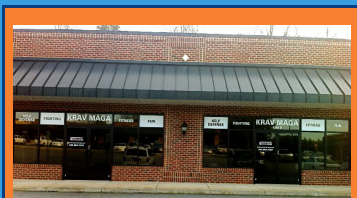
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our website:  
[BurlingtonKravMaga](http://BurlingtonKravMaga)

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**PLEASE ALWAYS:**  
1. ALWAYS CHECK IN with the FRONT DESK STAFF upon entering the studio.

# BKM January 2013

## Happy Birthday January



- |                        |                        |
|------------------------|------------------------|
| 5th Lisa Ivey          | 19th Matt McKinney     |
| 7th Al Miller          | 24th Jon Drake         |
| 7th Mia Hill           | 25th Tristan Drake     |
| 12th Lindsey Westbrook | 25th Jarrett Remington |
| 13th Judy Bryant       | 26th Pete DeLuca       |
| 14th Pamela Maria      |                        |

**PLEASE ALWAYS:**

2. Train barefoot or wear wrestling shoes on the mats. No dark soled shoes.

**PLEASE ALWAYS:**

3. CHECK IN to FaceBook when you are in the studio.



**BE FIT**



**BE POWERFUL**



**BE CONFIDENT**

Thank you for being part of the BKM Family.

See you on the mats!

# Welcome John Catoe

John is from Snow Camp, NC and has recently moved back. He studied Krav Maga in Los Angeles, CA at Krav Maga Worldwide with Shannon. He is a Blue Belt (Level 4) and has been teaching kids and adults for 4 years. He is an awesome instructor.



## New Classes:

Tuesdays (starts Jan. 8th)  
5:30pm Ground & Grappling

Wednesdays (starts Jan. 30th)  
10:00am Kickboxing Fitness  
11:00am KM Mixed Level

Fridays (starts Feb. 1st)  
10:00am Kickboxing Fitness  
11:00am KM Mixed Level

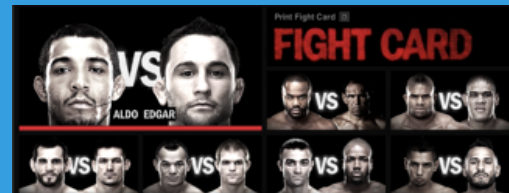
More evening classes coming soon to the schedule.

## Wanted: Martial Arts Belts

If you are no longer using your Karate, Tae Kwon Do or any other style martial arts belts, please donate them in to the studio. Thanks!



## UFC 156 Fight Night February 2nd 9:30pm - until



## Aldo vs Edgar Evans vs Nogueira

Join us for Fight Night. BKM will pay for the fight. You bring some food and drinks to share. And we'll mingle and have fun while we watch the fights! Family and

friends are welcome.

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