2026 November



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Sparring	3 Forms	4 Weapons Buddy Day	5 Self Defense	6 6-9pm BB/CDB Training Session in Tribury	7 Meriden will be open for classes VK HOLIDAY SALE 9AM-2PM
8	9 Self Defense Woman Warriors 6pm in Meriden	10 Sparring	11 Forms	12 Weapons	13	14 CLOSED Fall Classic Tournament
15	16 Weapons	17 Self Defense	18 Sparring	19 Forms	20 6:30 CDB/BB Evals in Meriden	21 8-11:30am BB/CDB Training in Meriden 5-8pm PNO in Meriden
22	23 Forms	24 Weapons	25	26	27	28
29	30 Sparring					

"Blue" TIP Testing

CLOSED Happy Thanksgiving



Life Skill:

GRATITUDE

Leadership Weapon:

KNIFE

November Events. . .

VK Holiday Sale & HAPPY THANKSGIVING

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11/04 -Buddy Day!

11/6 - BB/CDB Training Session (Tribury)

11/7 -VK Annual Holiday Sale in Meriden

Sign up to visit with Santa!!

11/9 -Woman Warriors

11/14 -Fall Classic Tournament

11/20 -BB/CDB Evals in Meriden

11/21 - BB/CDB Training Session in Meriden

11/21 -PNO 5-8pm in Meriden

11/25-28 -Closed for Thanksgiving break

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In a season of giving, we are reaching out to our VK families for your support. Again, this year we are adopting families for Christmas. Each campus will have a tree with tags on it. If you are willing and able to donate, please pull a tag or two from the tree. We appreciate your kindness!

Next Belt Test...

December 5, 2026

The Meriden Boys & Girls Club Annual VK Toy Drive and Canned Food Drive

(Intent to Promotes are due by 12/01)

Valentin Karate News and Resources

Scan the QR code below to get access to ALL of our latest news and content! Save the page so you will always stay up to date!

Student Creed:

1. I will develop myself in a positive manner, and avoid anything that will reduce my mental growth or physical health
2. I will develop self-discipline, in order to bring out the best in myself and others.
3. I will use common sense before self-defense and never be abusive or offensive.
4. We are a black belt school. We are dedicated. We are motivated. We are on a quest to be our best.
5. Winners never quit. Quitters never win. I CHOOSE TO BE A WINNER!

7 Tenants:

1. Integrity
2. Concentration
3. Perseverance
4. Respect & Obedience
5. Self-Control
6. Humility
7. Indomitable Spirit

5 Codes of Tang Soo Do:

1. Loyalty to Country
2. Obedience to parents
3. Honor Friendship
4. No Retreat in battle
5. In fighting, choose