

Teen/Adult KARATE

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>Happy New Year!</i> CLOSED	2 Kata 6:45-7:45 pm Black Belt Training 7:45-8:30pm	3	4 Ippon Kumite 6:45-7:45 pm Black Belt Training 7:45-8:30pm	5	6
8 Weapons 6:45-7:45 pm	9 Kickboxing 6:45-7:45 pm Black Belt Training 7:45-8:30pm	10	11 Self- Defense 6:45- 7:45 pm Black Belt Training 7:45-8:30pm	12	13
15 Kata 6:45-7:45 pm	16 Combinations 6:45-7:45 pm Black Belt Training 7:45-8:30pm	17	18 Sparring 6:45-7:45 pm Black Belt Training 7:45-8:30pm	19	20
22 Self- Defense 6:45- 7:45 pm	23 Weapons 6:45-7:45 pm Black Belt Training 7:45-8:30pm	24	25 Board breaking 6:45-7:45 pm Black Belt Training 7:45-8:30pm	26	27 Parent Student Karate
29 Sparring 6:45-7:45 pm	30 Ippon Kumite 6:45 -7:45 pm Black Belt Training 7:45-8:30pm	31	1 Kata 6:45-7:45 pm Black Belt Training 7:45-8:30pm	2	3