

# Teen/Adult KARATE

## February 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Sparring</b> 6:45-7:45 pm	<b>Ippon Kumite</b> 6:45 -7:45 pm <b>Black Belt Training</b> 7:45-8:30pm		<b>1 Kata</b> 6:45-7:45 pm <b>Black Belt Training</b> 7:45-8:30pm	<b>2</b>	<b>3</b>
<b>5 KickBoxing</b> 6:45-7:45 pm	<b>6 Weapons</b> 6:45-7:45 pm <b>Black Belt Training</b> 7:45-8:30pm	<b>7</b>	<b>8 Sparring</b> 6:45- 7:45 pm <b>Black Belt Training</b> 7:45-8:30pm	<b>9</b>	<b>10</b>
<b>12 KickBoxing</b> 6:45-7:45 pm	<b>13 Kata</b> 6:45-7:45 pm <b>Black Belt Training</b> 7:45-8:30pm	<b>14</b>	<b>15 Self-Defense</b> 6:45-7:45 pm <b>Black Belt Training</b> 7:45-8:30pm	<b>16</b>	<b>17</b>
<b>19 KickBoxing</b> 6:45-7:45 pm	<b>20 Combinations</b> 6:45-7:45 pm <b>Black Belt Training</b> 7:45-8:30pm	<b>21</b>	<b>22 Sparring</b> 6:45-7:45 pm <b>Black Belt Training</b> 7:45-8:30pm	<b>23</b>	<b>24 Family Karate Tournament</b>
<b>26 KickBoxing</b> 6:45-7:45 pm	<b>27 Ippon Kumite</b> 6:45 -7:45 pm <b>Black Belt Training</b> 7:45-8:30pm	<b>28</b>	<b>1 Board breaking</b> 6:45-7:45 pm <b>Black Belt Training</b> 7:45-8:30pm	<b>2</b>	<b>3 Parent Student Karate</b>