



April 2019

"Most people never run far enough on their first wind to find out they've got a second"

William James

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
PREP WEEK: BASICS, KATA and SELF DEFENSE						
8	9	10	11	12	13	14
STRIPE WEEK!...STRIPE WEEK!...STRIPE WEEK!...STRIPE WEEK!...						
5	16 KUMITE (Sparring) ★	17 WEAPONS WEDNESDAY	18 Thursday THROW(s) Down	19	20 CLASSES CANCELLED: EASTER/ PASSOVER WEEKEND	21
22	23 PAD POWER!	24 KATA REVIEW/ PREVIEW	25 BELT GRADUATION:  *Special Schedule	26	27 KUMITE (Sparring) ★	28
29	30 Grappling Basics	<p>Bring a buddy month! Share your love of karate with your friends and invite them to come try a class with you! If they register, you receive a \$10 Cineplex card!!!</p> 				



*Graduation Schedule

4:30-5:15: Childrens White-Blue Belts 5:45-6:30: Children Blue Adv-Brown Adv Belts Adults:7:00-8:00