


May 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 Pads: Punches, in bunches	2 Pads: Elbows and Knees	3	4 Pads: Kicks, Kicks and more KICKS!	5
6	7	8	9	10	11 Kumite: Sparring Modified schedule ★	12 10:00 -10:30 Youth White-Orange Belts 10:30-11:10 Youth Green and Above 11:10-12:00 Adult all belts
13	14	15	16	17	18	19
<div style="background-color: #000080; color: white; padding: 5px; border: 2px solid black;"> STRIPE WEEK...STRIPE WEEK...STRIPE WEEK... </div>						
20	21 Breakfalls and Sweeps	22 Weapons Wednesday	23 Kumite: Sparring ★	24	25 Creative Kata	26
28	29 Kumite: Sparring ★	30 Review/ Preview Day	31 BELT GRADUATION:  Special Schedule			



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