



2020 !!!

|  | MON                     | TUE   | WED                                   | THU                 | FRI                               | SAT                      | SUN                         |
|--|-------------------------|---|---------------------------------------|---------------------|-----------------------------------|--------------------------|-----------------------------|
|  | 2<br>REQUIRED KATA      | 3<br>BELT TESTING<br>* NO REGULAR CLASSED * | 4<br>REQUIRED KATA                    | 5<br>SPARRING GAMES | 6<br>REQUIRED KATA                | 7<br>POWER PAD DRILLS    | 8<br>REQUIRED KATA          |
|  | 9<br>ENDURANCE SPARRING | 10<br>REQUIRED KATA                         | 11<br>SORE CORE!!!<br>@ 7:00 AND 7:40 | 12<br>REQUIRED KATA | 13<br>100 PUSH-UPS IN EVERY CLASS | 14<br>REQUIRED KATA      | 15<br>SPAR-A-SENSEI         |
| Stripe Week<br>Novice and<br>Jr. Masters | 16<br>REQUIRED KATA     | 17<br>WEAR SOMETHING GREEN TO CLASS         | 18<br>REQUIRED KATA                   | 19<br>MASTERS OAR   | 20<br>REQUIRED KATA               | 21<br>SPARRING ROUNDS    | 22<br>REQUIRED KATA         |
| Stripe Week<br>BBM<br>Students           | 23<br>CIRCUIT TRAINING  | 24<br>REQUIRED KATA                         | 25<br>BUDO BLISS®<br>YOGA<br>@ 7:40   | 26<br>REQUIRED KATA | 27<br>LEGS ONLY SPARRING          | 28<br>BOOTCAMP<br>@ 9:00 | 29<br>PARENTS HOLD THE PADS |
|  | 30<br>REQUIRED KATA     | 31<br>JUMP KICKS                            |                                       |                     |                                   |                          |                             |





## March Break Camp BlackBelt

- Our March Break camp is a ridiculously fun way for your kids to spend their week off school! The kids will be participating in some Mad Science workshops (making slime and becoming detectives), and will be taking bus trips to Chuck E Cheese and SkyZone Trampoline Park!

March Break camp is also an easy way for your child to get ahead in their karate training - as one week of camp is the equivalent of a month worth of karate classes!

**Register your child in the office TODAY!**