



August 2020

Sunday	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 School Closed
2	3 School Closed	4 Kata Review	5 Virtual Sparring (ZOOM)	6 Contactless Pads	7	8 Martial Conditioning
9	10	11	12	13	14	15
 STRIPE WEEK...STRIPE WEEK...STRIPE WEEK...						
16	17 Better Basics	18 Kicks, Kicks and more Kicks!	19 Speed Drills (ZOOM)	20 Slow and Steady	21	22 Jump Drills
23	24 Review	25 Review	26 Review	27 BELT GRADUATION  Special Schedule	28	29 School Closed
30						



*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