



TEEN/ADULT KARATE

MAY 2024



| MONDAY | TUESDAY | WEDNSDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------------------------|--|----------|--|-------------------------------|----------|
| 29 Self-Defense 6:00-7:00 pm | 30 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm | 1 | 2 BB Training 6:00-7:00 pm Kata 7:00-8:00 pm | 3 | 4 |
| 6 Weapons 6:00-7:00 pm | 7 BB Training 6:00-7:00 pm Ippon Kumite 7:00-8:00 pm | 8 | 9 BB Training 6:00-7:00 pm Combinations 7:00-8:00 pm | 10 Little Ninja Testing | 11 |
| 13 Kata 6:00-7:00 pm | 14 BB Training 6:00-7:00 pm Self-Defense 7:00-8:00 pm | 15 | 16 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm | 17 Parent's Night Out | 18 |
| 20 Ippon Kumite 6:00-7:00 pm | 21 BB Training 6:00-7:00 pm Combinations 7:00-8:00 pm | 22 | 23 BB Training 6:00-7:00 pm Weapons 7:00-8:00 pm | 24 | 25 |
| 27 Sparring 6:00-7:00 pm | 28 BB Training 6:00-7:00 pm Kata 7:00-8:00 pm | 29 | 30 BB Training 6:00-7:00 pm Board Breaking 7:00-8:00 pm | 31 | 1 |

BB Training Tuesday & Thursday @ 6pm
 Teen/Adult Karate Monday @ 6pm and Tuesday & Thursday @ 7pm