


<p>1</p> <p>DECEMBER</p>	<p>2</p> <p>4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 5/6 7:30pm Tai Chi Chuan Beginner</p>	<p>3</p> <p>5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Sword & Form Refinement</p>	<p>4</p> <p>4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 6/7 7:30pm Tai Chi Chuan All Level</p>	<p>5</p> <p>5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Qigong All Level</p>	<p>6</p>	<p>7</p> <p>9am Leadership Team 10am Black Belt Club +personal weapon</p>
<p>8</p>	<p>9</p> <p>4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 7/8 + sparring gear & bo 7:30pm Tai Chi Chuan Beginner</p>	<p>10</p> <p>5pm Lvl. 2 Karate 7/8 6pm Lvl. 4 Karate 7/8 + sparring gear & bo 7pm Circuit Training 8pm Sword & Form Refinement</p>	<p>11</p> <p>4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 2/3 6pm Lvl. 3 Karate 8/9 + bo 7:30pm Tai Chi Chuan All Level</p>	<p>12</p> <p>5pm Lvl. 2 Karate 8/9 + bo 6pm Lvl. 4 Karate 8/9 + bo 7pm Circuit Training 8pm Qigong All Level</p>	<p>13</p>	<p>14</p> <p>10am-4pm BOARD GAME DAY</p>
<p>15</p>	<p>16</p> <p>4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 9/1 7:30pm Tai Chi Chuan Beginner</p>	<p>17</p> <p>5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Sword & Form Refinement</p>	<p>18</p> <p>4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 1/2 7:30pm Tai Chi Chuan All Level</p>	<p>19</p> <p>5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Qigong All Level</p>	<p>20</p> <p>6pm Internal Arts Club 7pm Push Hands & Sparring</p>	<p>21</p> <p>9am Salon (Zoom)</p>
<p>22</p>	<p>23</p> <p><u>STUDIO</u> <u>CLOSED</u></p>	<p>24</p> <p><u>STUDIO</u> <u>CLOSED</u></p>	<p>25</p> <p><u>STUDIO</u> <u>CLOSED</u></p>	<p>26</p> <p><u>STUDIO</u> <u>CLOSED</u></p>	<p>27</p> <p><u>STUDIO</u> <u>CLOSED</u></p>	<p>28</p>
<p>29</p>	<p>30</p> <p>4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 2/3 + bag gloves 7:30pm Tai Chi Chuan Beginner</p>	<p>31</p> <p>5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Sword & Form Refinement</p>				
<p>Karate curriculum KEY:</p>	<p>1. blocks, stances, footwork</p>	<p>2. strikes 3. kicks</p>	<p>4. balance, rolls/ breakfalls, ground fighting</p>	<p>5. combos/individual needs</p>	<p>6. kata 7. sparring 8. weapons</p>	<p>9. sliding, rolling, flying, & specialty kicks</p>

JANUARY

			<p>1 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 3/4 7:30pm Tai Chi Chuan All Level</p>	<p>2 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Qigong All Level</p>	<p>3</p>	<p>4 9am Leadership Team 10am Black Belt Club + dulo dulo</p>
5	<p>6 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 4/5 7:30pm Tai Chi Chuan Beginner</p>	<p>7 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Sword & Form Refinement</p>	<p>8 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 2/3 6pm Lvl. 3 Karate 5/6 7:30pm Tai Chi Chuan All Level</p>	<p>9 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Qigong All Level</p>	10	<p>11 10am Open Mat 11am TESTING</p>
12	<p>13 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 6/7 +sparring gear 7:30pm Tai Chi Chuan Beginner</p>	<p>14 5pm Lvl. 2 Karate 6/7 +sparring gear 6pm Lvl. 4 Karate 6/7 +sparring gear 7pm Circuit Training 8pm Sword & Form Refinement</p>	<p>15 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 7/8 + sparring gear & bo 7:30pm Tai Chi Chuan All Level</p>	<p>16 5pm Lvl. 2 Karate 7/8 + sparring gear & bo 6pm Lvl. 4 Karate 7/8 + sparring gear & bo 7pm Circuit Training 8pm Qigong All Level</p>	17	18
19	<p>20 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 8/9 +bo 7:30pm Tai Chi Chuan Beginner</p>	<p>21 5pm Lvl. 2 Karate 8/9 + bo 6pm Lvl. 4 Karate 8/9 +bo 7pm Circuit Training 8pm Sword & Form Refinement</p>	<p>22 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 9/1 7:30pm Tai Chi Chuan All Level</p>	<p>23 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 5pm — 9/1 6pm — 9/1 7pm Circuit Training 8pm Qigong All Level</p>	24	<p>25 9am Salon (Zoom)</p>
26	<p>27 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 1/2 7:30pm Tai Chi Chuan Beginner</p>	<p>28 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Sword & Form Refinement</p>	<p>29 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 2/3 +bag gloves 6pm Lvl. 3 Karate 2/3 +bag gloves 7:30pm Tai Chi Chuan All Level</p>	<p>30 5pm Lvl. 2 Karate 2/3 +bag gloves 6pm Lvl. 4 Karate 2/3 +bag gloves 7pm Circuit Training 8pm Qigong All Level</p>	31	<p>6pm Internal Arts Club 7pm Push Hands & Sparring</p>
Karate curriculum KEY:	1. blocks, stances, footwork	2. strikes 3. kicks	4. balance, rolls/ breakfalls, ground fighting	5. combos/individual needs	6. kata 7. sparring 8. weapons	9. sliding, rolling, flying, & specialty kicks

FEBRUARY

						1 9am Leadership Team 10am Black Belt Club +escrima
2	3 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 3/4 7:30pm Tai Chi Chuan Beginner	4 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Sword & Form Refinement	5 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 4/5 7:30pm Tai Chi Chuan All Level	6 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Qigong All Level	7	8 10-11am Open Mat
9	10 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 5/6 + personal weapon 7:30pm Tai Chi Chuan Beginner	11 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 + personal weapon 7pm Circuit Training 8pm Sword & Form Refinement	12 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 6/7 + sparring gear 7:30pm Tai Chi Chuan All Level	13 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Qigong All Level	14	15
16	17 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 7/8 + sparring gear & bo 7:30pm Tai Chi Chuan Beginner	18 5pm Lvl. 2 Karate 7/8 + sparring gear & bo 6pm Lvl. 4 Karate 7/8 + sparring gear & bo 7pm Circuit Training 8pm Sword & Form Refinement	19 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 8/9 + nunchaku 7:30pm Tai Chi Chuan All Level	20 5pm Lvl. 2 Karate 8/9 + nunchaku 6pm Lvl. 4 Karate 8/9 + nunchaku 7pm Circuit Training 8pm Qigong All Level	21	22 9am Salon (Zoom)
23	24 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 9/1 7:30pm Tai Chi Chuan Beginner	25 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Sword & Form Refinement	26 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 1/2 7:30pm Tai Chi Chuan All Level	27 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Qigong All Level	28 6pm Internal Arts Club 7pm Push Hands & Sparring	
5pm & 6pm Karate class curriculum focus KEY:	1. blocks, stances, footwork	2. strikes 3. kicks	4. balance, rolls/ breakfalls, ground fighting	5. combos/individual needs	6. kata 7. sparring 8. weapons	9. sliding, rolling, flying, & specialty kicks

MARCH

						1 9am Leadership Team 10am Black Belt Club + bo
2	3 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 2/3 + bag gloves 7:30pm Tai Chi Chuan Beginner	4 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Sword & Form Refinement	5 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 3/4 7:30pm Tai Chi Chuan All Level	6 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Qigong All Level	7	8 10-11am Open Mat
9	10 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 4/5 7:30pm Tai Chi Chuan Beginner	11 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Sword & Form Refinement	12 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 5/6 7:30pm Tai Chi Chuan All Level	13 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Qigong All Level	14	15
16	17 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 6/7 7:30pm Tai Chi Chuan Beginner	18 5pm Lvl. 2 Karate 6/7 6pm Lvl. 4 Karate 6/7 7pm Circuit Training 8pm Sword & Form Refinement	19 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 7/8 + sparring gear 7:30pm Tai Chi Chuan All Level	20 5pm Lvl. 2 Karate 7/8 + sparring gear 6pm Lvl. 4 Karate 7/8 + sparring gear 7pm Circuit Training 8pm Qigong All Level	21	22 9am Salon (Zoom)
23	24 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 8/9 + sparring gear & bo 7:30pm Tai Chi Chuan Beginner	25 5pm Lvl. 2 Karate 8/9 + sparring gear & bo 6pm Lvl. 4 Karate 8/9 + sparring gear & bo 7pm Circuit Training 8pm Sword & Form Refinement	26 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 9/1 + bo 7:30pm Tai Chi Chuan All Level	27 5pm Lvl. 2 Karate 9/1 + bo 6pm Lvl. 4 Karate 9/1 +bo 7pm Circuit Training 8pm Qigong All Level	28 6pm Internal Arts Club 7pm Push Hands & Sparring	29
30	31 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 1/2 7:30pm Tai Chi Chuan Beginner					

5pm & 6pm Karate
class curriculum focus
KEY:

1. blocks, stances,
footwork

2. strikes
3. kicks


4. balance, rolls/
breakfalls, ground
fighting

5. combos/individual
needs

6. kata
7. sparring
8. weapons

9. sliding, rolling,
flying, & specialty
kicks

APRIL

		<p>1 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Sword & Form Refinement</p>	<p>2 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 2/3 + bag gloves 7:30pm Tai Chi Chuan All Level</p>	<p>3 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Qigong All Level</p>	<p>4</p>	<p>5 9am Leadership Team 10am Black Belt Club + bag gloves</p>
6	<p>7 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 3/4 7:30pm Tai Chi Chuan Beginner</p>	<p>8 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Sword & Form Refinement</p>	<p>9 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 4/5 7:30pm Tai Chi Chuan All Level</p>	<p>10 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Qigong All Level</p>	<p>11 Saratoga Martial Arts Festival, Saratoga Springs, NY</p>	<p>12 Saratoga Martial Arts Festival, Saratoga Springs, NY</p>
13 Saratoga Martial Arts Festival, Saratoga Springs, NY	<p>14 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 5/6 7:30pm Tai Chi Chuan Beginner</p>	<p>15 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Sword & Form Refinement</p>	<p>16 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 6/7 + sparring gear 7:30pm Tai Chi Chuan All Level</p>	<p>17 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Qigong All Level</p>	18	19
20	<p>21 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 7/8 + sparring gear & bo 7:30pm Tai Chi Chuan Beginner</p>	<p>22 5pm Lvl. 2 Karate 7/8 + sparring gear & bo 6pm Lvl. 4 Karate 7/8 + sparring gear & bo 7pm Circuit Training 8pm Sword & Form Refinement</p>	<p>23 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 2/3 6pm Lvl. 3 Karate 8/9 + personal weapon 7:30pm Tai Chi Chuan All Level</p>	<p>24 5pm Lvl. 2 Karate 8/9 + personal weapon 6pm Lvl. 4 Karate 8/9 + personal weapon 7pm Circuit Training 8pm Qigong All Level</p>	<p>25 6pm Internal Arts Club 7pm Push Hands & Sparring</p>	<p>26 9am Salon (Zoom & in studio) 10am World Tai Chi & Qigong Day 11am TESTING</p>
27	<p>28 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 9/1 7:30pm Tai Chi Chuan Beginner</p>	<p>29 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Sword & Form Refinement</p>	<p>30 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 1/2 7:30pm Tai Chi Chuan All Level</p>			
5pm & 6pm Karate class curriculum focus KEY:	1. blocks, stances, footwork	2. strikes 3. kicks	4. balance, rolls/ breakfalls, ground fighting	5. combos/individual needs	6. kata 7. sparring 8. weapons	9. sliding, rolling, flying, & specialty kicks

MAY



				1 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Qigong All Level	2 La Convention Mondiale de la Fédération World Kobudo et Rendez- Vous Lévis Martial Arts Training and Competition, Québec, Canada	3 La Convention Mondiale de la Fédération World Kobudo et Rendez- Vous Lévis Martial Arts Training and Competition, Québec, Canada
4 La Convention Mondiale de la Fédération World Kobudo et Rendez- Vous Lévis Martial Arts Training and Competition, Québec, Canada	5 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 2/3 + bag gloves 7:30pm Tai Chi Chuan Beginner	6 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Sword & Form Refinement	7 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 3/4 7:30pm Tai Chi Chuan All Level	8 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Qigong All Level	9	10 9am Leadership Team 10am Black Belt Club + nunchaku
11	12 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 4/5 7:30pm Tai Chi Chuan Beginner	13 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Sword & Form Refinement	14 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 5/6 7:30pm Tai Chi Chuan All Level	15 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Qigong All Level	16	17
18	19 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 6/7 + sparring gear 7:30pm Tai Chi Chuan Beginner	20 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Sword & Form Refinement	21 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 7/8 + sparring gear & bo 7:30pm Tai Chi Chuan All Level	22 5pm Lvl. 2 Karate 7/8 + sparring gear & bo 6pm Lvl. 4 Karate 7/8 + sparring gear & bo 7pm Circuit Training 8pm Qigong All Level	23	24
25	26 MEMORIAL DAY <u>STUDIO CLOSED</u>	27 5pm Lvl. 2 Karate 8/9 + nunchaku 6pm Lvl. 4 Karate 8/9 + nunchaku 7pm Circuit Training 8pm Sword & Form Refinement	28 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 9/1 7:30pm Tai Chi Chuan All Level	29 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Qigong All Level	30 6pm Internal Arts Club 7pm Push Hands & Sparring	31 9am Salon (Zoom) – late this month
5pm & 6pm Karate class curriculum focus KEY:	1. blocks, stances, footwork	2. strikes 3. kicks	4. balance, rolls/ breakfalls, ground fighting	5. combos/individual needs	6. kata 7. sparring 8. weapons	9. sliding, rolling, flying, & specialty kicks

1

JUNE

2

4:15pm Kids' Tai Chi
5pm Lvl. 1 Karate 1/2
6pm Lvl. 3 Karate 1/2
7:30pm Tai Chi Chuan
Beginner

3

5pm Lvl. 2 Karate 1/2
6pm Lvl. 4 Karate 1/2
7pm **Circuit Training**
8pm Sword & Form
Refinement

4

4:15pm Kids' Tai Chi
5pm Lvl. 1 Karate 2/3
+ bag gloves
6pm Lvl. 3 Karate 2/3
+ bag gloves
7:30pm Tai Chi Chuan
All Level

5

5pm Lvl. 2 Karate 2/3
+ bag gloves
6pm Lvl. 4 Karate 2/3
+ bag gloves
7pm **Circuit Training**
8pm Qigong **All Level**

6

7

9am Leadership Team
10am Black Belt Club
+ Bag Gloves

8

9

4:15pm Kids' Tai Chi
5pm Lvl. 1 Karate 3/4
6pm Lvl. 3 Karate 3/4
7:30pm Tai Chi Chuan
Beginner

10

5pm Lvl. 2 Karate 3/4
6pm Lvl. 4 Karate 3/4
7pm **Circuit Training**
8pm Sword & Form
Refinement

11

4:15pm Kids' Tai Chi
5pm Lvl. 1 Karate 4/5
6pm Lvl. 3 Karate 4/5
7:30pm Tai Chi Chuan
All Level

12

5pm Lvl. 2 Karate 4/5
6pm Lvl. 4 Karate 4/5
7pm **Circuit Training**
8pm Qigong **All Level**

13

14

10am OPEN MAT

15

16

4:15pm Kids' Tai Chi
5pm Lvl. 1 Karate 5/6
+ bag gloves
6pm Lvl. 3 Karate 5/6
7:30pm Tai Chi Chuan
Beginner

17

5pm Lvl. 2 Karate 5/6
6pm Lvl. 4 Karate 5/6
7pm **Circuit Training**
8pm Sword & Form
Refinement

18

4:15pm Kids' Tai Chi
5pm Lvl. 1 Karate 6/1
6pm Lvl. 3 Karate 6/7
+ sparring gear
7:30pm Tai Chi Chuan
All Level

19

5pm Lvl. 2 Karate 6/7
+ sparring gear
6pm Lvl. 4 Karate 6/7
+ sparring gear
7pm **Circuit Training**
8pm Qigong **All Level**

20

21

22

23

4:15pm Kids' Tai Chi
5pm Lvl. 1 Karate 1/2
6pm Lvl. 3 Karate 7/8
+ sparring gear & bo
7:30pm Tai Chi Chuan
Beginner

24

5pm Lvl. 2 Karate 7/8
+ sparring gear & bo
6pm Lvl. 4 Karate 7/8
+ sparring gear & bo
7pm **Circuit Training**
8pm Sword & Form
Refinement

25

4:15pm Kids' Tai Chi
5pm Lvl. 1 Karate 2/3
6pm Lvl. 3 Karate 8/9
+ bo
7:30pm Tai Chi Chuan
All Level

26

5pm Lvl. 2 Karate 8/9
+ bo
6pm Lvl. 4 Karate 8/9
+ bo
7pm **Circuit Training**
8pm Qigong **All Level**

27

6pm Internal Arts
Club
7pm **Push Hands &
Sparring**

28

9am Salon (Zoom)

29

30

STUDIO
CLOSED



5pm & 6pm Karate
class curriculum
focus KEY:

1. blocks, stances,
footwork

2. strikes
3. kicks


4. balance, rolls/
breakfalls, ground
fighting

5. combos/individual
needs

6. kata
7. sparring
8. weapons

9. sliding, rolling,
flying, & specialty
kicks

JULY

		1	2	3	4	5
		<u>STUDIO</u> <u>CLOSED</u>	<u>STUDIO</u> <u>CLOSED</u>	<u>STUDIO</u> <u>CLOSED</u>	<u>STUDIO</u> <u>CLOSED</u>	<u>STUDIO</u> <u>CLOSED</u>
6	7 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 1/2 7:30pm Tai Chi Chuan Beginner	8 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Sword & Form Refinement	9 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 2/3 + bag gloves 7:30pm Tai Chi Chuan All Level	10 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Qigong All Level	11	12 9am Leadership Team 10am Black Belt Club + all weapons
13	14 9am-noon/4pm KAMMP 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 3/4 7:30pm Tai Chi Chuan Beginner	15 9am-noon/4pm KAMMP 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Sword & Form Refinement	16 9am-noon/4pm KAMMP 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 4/5 7:30pm Tai Chi Chuan All Level	17 9am-noon/4pm KAMMP 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Qigong All Level	18 9am-noon/4pm KAMMP	19
20	21 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 5/6 7:30pm Tai Chi Chuan Beginner	22 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Sword & Form Refinement	23 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 6/7 + sparring gear 7:30pm Tai Chi Chuan All Level	24 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Qigong All Level	25 6pm Internal Arts Club 7pm Push Hands & Sparring	26 9am Salon (Zoom)
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5pm & 6pm Karate class curriculum focus KEY:	1. blocks, stances, footwork	2. strikes 3. kicks	4. balance, rolls/ breakfalls, ground fighting	5. combos/individual needs		

AUGUST



					1	2 9am Leadership Team 10am Black Belt Club + personal weapon 11am TESTING
3	4 9am-noon/4pm KAMMP 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 9/1 7:30pm Tai Chi Chuan Beginner	5 9am-noon/4pm KAMMP 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Sword & Form Refinement	6 9am-noon/4pm KAMMP 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 1/2 7:30pm Tai Chi Chuan All Level	7 9am-noon/4pm KAMMP 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Qigong All Level	8 9am-noon/4pm KAMMP	9 Northeast Open Martial Arts Tournament & Showcase, Albany, NY
10	11 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 2/3 + bag gloves 7:30pm Tai Chi Chuan Beginner	12 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Sword & Form Refinement	13 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 3/4 7:30pm Tai Chi Chuan All Level	14 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Qigong All Level	15	16
17	18 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 4/5 7:30pm Tai Chi Chuan Beginner	19 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Sword & Form Refinement	20 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 5/6 + personal weapon 6pm Lvl. 3 Karate 5/6 + personal weapon 7:30pm Tai Chi Chuan All Level	21 5pm Lvl. 2 Karate 5/6 + personal weapon 6pm Lvl. 4 Karate 5/6 + personal weapon 7pm Circuit Training 8pm Qigong All Level	22 6pm Internal Arts Club 7pm Push Hands & Sparring	23 9am Virtual Salon (Zoom)
24	25 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 6/7 + sparring gear 7:30pm Tai Chi Chuan Beginner	26 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Sword & Form Refinement	27 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 7/8 + sparring gear & bo 7:30pm Tai Chi Chuan All Level	28 5pm Lvl. 2 Karate 7/8 + sparring gear & bo 6pm Lvl. 4 Karate 7/8 + sparring gear & bo 7pm Circuit Training 8pm Qigong All Level	29 LABOR DAY WEEKEND STUDIO CLOSED	30
5pm & 6pm Karate class curriculum focus KEY:	1. blocks, stances, footwork	2. strikes 3. kicks	4. balance, rolls/breakfalls, ground fighting	5. combos/individual needs	6. kata 7. sparring 8. weapons	9. sliding, rolling, flying, & specialty kicks

SEPTEMBER

<p>1</p> <p><u>LABOR DAY</u></p> <p><u>STUDIO CLOSED</u></p>	<p>2</p> <p>5pm Lvl. 2 Karate 8/9 + bo</p> <p>6pm Lvl. 4 Karate 8/9 + bo</p> <p>7pm Circuit Training</p> <p>8pm Sword & Form Refinement</p>	<p>3</p> <p>4:15pm Kids' Tai Chi</p> <p>5pm Lvl. 1 Karate 3/4</p> <p>6pm Lvl. 3 Karate 9/1</p> <p>7:30pm Tai Chi Chuan</p> <p>All Level</p>	<p>4</p> <p>5pm Lvl. 2 Karate 9/1</p> <p>6pm Lvl. 4 Karate 9/1</p> <p>7pm Circuit Training</p> <p>8pm Qigong All Level</p>	<p>5</p>	<p>6</p> <p>9am Leadership Team</p> <p>10am Black Belt Club + sai and tonfa</p>
<p>7</p>	<p>8</p> <p>4:15pm Kids' Tai Chi</p> <p>5pm Lvl. 1 Karate 4/5</p> <p>6pm Lvl. 3 Karate 1/2</p> <p>7:30pm Tai Chi Chuan</p> <p>Beginner</p>	<p>9</p> <p>5pm Lvl. 2 Karate 1/2</p> <p>6pm Lvl. 4 Karate 1/2</p> <p>7pm Circuit Training</p> <p>8pm Sword & Form Refinement</p>	<p>10</p> <p>4:15pm Kids' Tai Chi</p> <p>5pm Lvl. 1 Karate 5/6</p> <p>6pm Lvl. 3 Karate 2/3 + bag gloves</p> <p>7:30pm Tai Chi Chuan</p> <p>All Level</p>	<p>11</p> <p>5pm Lvl. 2 Karate 2/3 + bag gloves</p> <p>6pm Lvl. 4 Karate 2/3 + bag gloves</p> <p>7pm Circuit Training</p> <p>8pm Qigong All Level</p>	<p>12</p> <p>13</p>
<p>14</p>	<p>15</p> <p>4:15pm Kids' Tai Chi</p> <p>5pm Lvl. 1 Karate 6/1</p> <p>6pm Lvl. 3 Karate 3/4</p> <p>7:30pm Tai Chi Chuan</p> <p>Beginner</p>	<p>16</p> <p>5pm Lvl. 2 Karate 3/4</p> <p>6pm Lvl. 4 Karate 3/4</p> <p>7pm Circuit Training</p> <p>8pm Sword & Form Refinement</p>	<p>17</p> <p>4:15pm Kids' Tai Chi</p> <p>5pm Lvl. 1 Karate 1/2</p> <p>6pm Lvl. 3 Karate 4/5</p> <p>7:30pm Tai Chi Chuan</p> <p>All Level</p>	<p>18</p> <p>5pm Lvl. 2 Karate 4/5</p> <p>6pm Lvl. 4 Karate 4/5</p> <p>7pm Circuit Training</p> <p>8pm Qigong All Level</p>	<p>19</p> <p>20</p> <p>Golden Eagle Challenge Tournament, Galway, NY</p>
<p>21</p>	<p>22</p> <p>4:15pm Kids' Tai Chi</p> <p>5pm Lvl. 1 Karate 2/3 + bag gloves</p> <p>6pm Lvl. 3 Karate 5/6</p> <p>7:30pm Tai Chi Chuan</p> <p>Beginner</p>	<p>23</p> <p>5pm Lvl. 2 Karate 5/6</p> <p>6pm Lvl. 4 Karate 5/6</p> <p>7pm Circuit Training</p> <p>8pm Sword & Form Refinement</p>	<p>24</p> <p>4:15pm Kids' Tai Chi</p> <p>5pm Lvl. 1 Karate 3/4</p> <p>6pm Lvl. 3 Karate 6/7 + sparring gear</p> <p>7:30pm Tai Chi Chuan</p> <p>All Level</p>	<p>25</p> <p>5pm Lvl. 2 Karate 6/7 + sparring gear</p> <p>6pm Lvl. 4 Karate 6/7 + sparring gear</p> <p>7pm Circuit Training</p> <p>8pm Qigong All Level</p>	<p>26</p> <p>6pm Internal Arts Club</p> <p>7pm Push Hands & Sparring</p> <p>27</p> <p>9am Salon (Zoom)</p>
<p>28</p>	<p>29</p> <p>4:15pm Kids' Tai Chi</p> <p>5pm Lvl. 1 Karate 4/5</p> <p>6pm Lvl. 3 Karate 7/8 + sparring gear & bo</p> <p>7:30pm Tai Chi Chuan</p> <p>Beginner</p>	<p>30</p> <p>5pm Lvl. 2 Karate 7/8 + sparring gear & bo</p> <p>6pm Lvl. 4 Karate 7/8 + sparring gear & bo</p> <p>7pm Circuit Training</p> <p>8pm Sword & Form Refinement</p>			
<p>5pm & 6pm Karate class curriculum focus KEY:</p>	<p>1. blocks, stances, footwork</p>	<p>2. strikes</p> <p>3. kicks</p>	<p>4. balance, rolls/breakfalls, ground fighting</p>	<p>5. combos/individual needs</p>	<p>6. kata</p> <p>7. sparring</p> <p>8. weapons</p> <p>9. sliding, rolling, flying, & specialty kicks</p>

OCTOBER




			<p>1 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 8/9 + bo 7:30pm Tai Chi Chuan All Level</p>	<p>2 5pm Lvl. 2 Karate 8/9 + bo 6pm Lvl. 4 Karate 8/9 + bo 7pm Circuit Training 8pm Qigong All Level</p>	3	<p>4 9am Leadership Team 10am Black Belt Club +bo</p>
5	<p>6 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 9/1 7:30pm Tai Chi Chuan Beginner</p>	<p>7 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Sword & Form Refinement</p>	<p>8 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 1/2 7:30pm Tai Chi Chuan All Level</p>	<p>9 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Qigong All Level</p>	10	<p>11 10-11am OPEN MAT</p>
12	<p>13 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 2/3 + bag gloves 7:30pm Tai Chi Chuan Beginner</p>	<p>14 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Sword & Form Refinement</p>	<p>15 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 3/4 7:30pm Tai Chi Chuan All Level</p>	<p>16 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Qigong All Level</p>	17	18
19	<p>20 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 4/5 7:30pm Tai Chi Chuan Beginner</p>	<p>21 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Sword & Form Refinement</p>	<p>22 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 5/6 7:30pm Tai Chi Chuan All Level</p>	<p>23 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Qigong All Level</p>	<p>24 6pm Internal Arts Club 7pm Push Hands & Sparring</p>	<p>25 9am Salon (Zoom)</p>
26	<p>27 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 6/7 + sparring gear 7:30pm Tai Chi Chuan Beginner</p>	<p>28 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Sword & Form Refinement</p>	<p>29 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 7/8 + sparring gear & bo 7:30pm Tai Chi Chuan All Level</p>	<p>30 5pm Lvl. 2 Karate 7/8 + sparring gear & bo 6pm Lvl. 4 Karate 7/8 + sparring gear & bo 7pm Circuit Training 8pm Qigong All Level</p>	31	
5pm & 6pm Karate class curriculum focus KEY:	1. blocks, stances, footwork	2. strikes 3. kicks	4. balance, rolls/ breakfalls, ground fighting	5. combos/individual needs	6. kata 7. sparring 8. weapons	9. sliding, rolling, flying, & specialty kicks

NOVEMBER



						<p>1 9am Leadership Team 10am Black Belt Club +nunchaku 11am TESTING</p>
2	<p>3 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 8/9 + nunchaku 7:30pm Tai Chi Chuan Beginner</p>	<p>4 5pm Lvl. 2 Karate 8/9 + nunchaku 6pm Lvl. 4 Karate 8/9 + nunchaku 7pm Circuit Training 8pm Sword & Form Refinement</p>	<p>5 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 9/1 7:30pm Tai Chi Chuan All Level</p>	<p>6 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Qigong All Level</p>	<p>7 Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada</p>	<p>8 Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada</p>
9 Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada	<p>10 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 1/2 7:30pm Tai Chi Chuan Beginner</p>	<p>11 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Sword & Form Refinement</p>	<p>12 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 2/3 + bag gloves 7:30pm Tai Chi Chuan All Level</p>	<p>13 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Qigong All Level</p>	<p>14</p>	<p>15 Diamond Valley Classic Tournament, Herkimer, NY (?)</p>
16	<p>17 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 3/4 7:30pm Tai Chi Chuan Beginner</p>	<p>18 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Sword & Form Refinement</p>	<p>19 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 4/5 7:30pm Tai Chi Chuan All Level</p>	<p>20 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Qigong All Level</p>	<p>21</p>	<p>22 9am Salon (Zoom)</p>
23	<p>24 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 5/6 7:30pm Tai Chi Chuan Beginner</p>	<p>25 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Sword & Form Refinement</p>	<p>26 <u>STUDIO CLOSED</u></p>	<p>27 <u>STUDIO CLOSED</u></p>	<p>28 6pm Internal Arts Club 7pm Push Hands & Sparring</p>	<p>29 10am-noon OPEN HOUSE, OPEN MAT, & HOLIDAY SALE</p>
<p>5pm & 6pm Karate class curriculum focus KEY:</p>	<p>30 1. blocks, stances, footwork</p>	<p>2. strikes 3. kicks</p>	<p>4. balance, rolls/ breakfalls, ground fighting</p>	<p>5. combos/individual needs</p>	<p>6. kata 7. sparring 8. weapons</p>	<p>9. sliding, rolling, flying, & specialty kicks</p>

<p>1</p> <p>DECEMBER</p>	<p>2</p> <p>4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 7/8 + spar gear/dulo dulo 7:30pm Tai Chi Chuan Beginner</p>	<p>3</p> <p>5pm Lvl. 2 Karate 7/8 + spar gear/dulo dulo 6pm Lvl. 4 Karate 7/8 + spar gear/dulo dulo 7pm Circuit Training 8pm Sword & Form Refinement</p>	<p>4</p> <p>4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 8/9 + personal weapon 7:30pm ai Chi Chuan All Level</p>	<p>5</p> <p>5pm Lvl. 2 Karate 8/9 + personal weapon 6pm Lvl. 4 Karate 8/9 + personal weapon 7pm Circuit Training 8pm Qigong All Level</p>	<p>6</p>	<p>7</p> <p>9am Leadership Team 10am Black Belt Club + dulo dulo</p>
<p>8</p>	<p>9</p> <p>4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 9/1 7:30pm Tai Chi Chuan Beginner</p>	<p>10</p> <p>5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Sword & Form Refinement</p>	<p>11</p> <p>4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 1/2 7:30pm ai Chi Chuan All Level</p>	<p>12</p> <p>5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Qigong All Level</p>	<p>13</p>	<p>14</p> <p>10am-4pm BOARD GAME DAY</p>
<p>15</p>	<p>16</p> <p>4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 2/3 + bag gloves 7:30pm Tai Chi Chuan Beginner</p>	<p>17</p> <p>5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Sword & Form Refinement</p>	<p>18</p> <p>4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 3/4 7:30pm ai Chi Chuan All Level</p>	<p>19</p> <p>5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Qigong All Level</p>	<p>20</p> <p>6pm Internal Arts Club 7pm Push Hands & Sparring</p>	<p>21</p> <p>9am Salon (Zoom)</p>
<p>22</p>	<p>23</p> <p><u>STUDIO</u> <u>CLOSED</u></p>	<p>24</p> <p><u>STUDIO</u> <u>CLOSED</u></p>	<p>25</p> <p><u>STUDIO</u> <u>CLOSED</u></p>	<p>26</p> <p><u>STUDIO</u> <u>CLOSED</u></p>	<p>27</p> <p><u>STUDIO</u> <u>CLOSED</u></p>	<p>28</p>
<p>29</p>	<p>30</p> <p>4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 6/7 + sparring gear 7:30pm Tai Chi Chuan Beginner</p>	<p>31</p> <p>5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Sword & Form Refinement</p>				
<p>5pm & 6pm Karate class curriculum focus KEY:</p>	<p>1. blocks, stances, footwork</p>	<p>2. strikes 3. kicks</p>	<p>4. balance, rolls/ breakfalls, ground fighting</p>	<p>5. combos/individual needs</p>	<p>6. kata 7. sparring 8. weapons</p>	<p>9. sliding, rolling, flying, & specialty kicks</p>