

AUGUST



					1	2 9am Leadership Team 10am Black Belt Club + personal weapon 11am TESTING
3	4 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 9/1 7pm Tai Chi Chuan Beginner	5 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Sword & Form Refinement	6 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 1/2 7pm Tai Chi Chuan All Level	7 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Qigong All Level	8	9 Northeast Open Martial Arts Tournament & Showcase, Albany, NY
10	11 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 2/3 + bag gloves 7pm 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 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 3/4 7pm 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 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 4/5 7pm 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 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 5/6 + personal weapon 7pm 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 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 6/7 + sparring gear 7pm 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 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 7/8 + sparring gear & bo 7pm 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

1	LABOR DAY STUDIO CLOSED	2 5pm Lvl. 2 Karate 8/9 + bo 6pm Lvl. 4 Karate 8/9 + bo 7pm Circuit Training 8pm Sword & Form Refinement	3 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 9/1 7pm Tai Chi Chuan All Level	4 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Qigong All Level	5	6 9am Leadership Team 10am Black Belt Club + sai and tonfa
7	8 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 1/2 7pm Tai Chi Chuan Beginner	9 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Sword & Form Refinement	10 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 2/3 + bag gloves 7pm Tai Chi Chuan All Level	11 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Qigong All Level	12	13
14	15 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 3/4 7pm Tai Chi Chuan Beginner	16 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Sword & Form Refinement	17 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 4/5 7pm Tai Chi Chuan All Level	18 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Qigong All Level	19	20 Golden Eagle Challenge Tournament, Galway, NY
21	22 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 5/6 7pm Tai Chi Chuan Beginner	23 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Sword & Form Refinement	24 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 6/7 + sparring gear 7pm Tai Chi Chuan All Level	25 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Qigong All Level	26 6pm Internal Arts Club 7pm Push Hands & Sparring	27 9am Salon (Zoom)
28	29 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 7/8 + sparring gear & bo 7pm Tai Chi Chuan Beginner	30 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				
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

OCTOBER



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



						1 9am Leadership Team 10am Black Belt Club +nunchaku 11am TESTING
2	3 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 8/9 + nunchaku 7pm Tai Chi Chuan Beginner	4 5pm Lvl. 2 Karate 8/9 + nunchaku 6pm Lvl. 4 Karate 8/9 + nunchaku 7pm Circuit Training 8pm Sword & Form Refinement	5 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 9/1 7pm Tai Chi Chuan All Level	6 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Qigong All Level	7 Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada	8 Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada
9 Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada	10 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 1/2 7pm Tai Chi Chuan Beginner	11 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Sword & Form Refinement	12 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 2/3 + bag gloves 7pm Tai Chi Chuan All Level	13 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Qigong All Level	14	15 Diamond Valley Classic Tournament, Herkimer, NY (?)
16	17 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 3/4 7pm Tai Chi Chuan Beginner	18 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Sword & Form Refinement	19 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 4/5 7pm Tai Chi Chuan All Level	20 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Qigong All Level	21	22 9am Salon (Zoom)
23	24 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 5/6 7pm Tai Chi Chuan Beginner	25 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Sword & Form Refinement	26 STUDIO CLOSED	27 STUDIO CLOSED	28 6pm Internal Arts Club 7pm Push Hands & Sparring	29 10am-noon OPEN HOUSE, OPEN MAT, & HOLIDAY SALE
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

DECEMBER

	1 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 7/8 + spar gear/dulo dulo 7pm Tai Chi Chuan Beginner	2 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	3 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 8/9 + personal weapon 7pm Tai Chi Chuan All Level	4 5pm Lvl. 2 Karate 8/9 + personal weapon 6pm Lvl. 4 Karate 8/9 + personal weapon 7pm Circuit Training 8pm Qigong All Level	5	6 9am Leadership Team 10am Black Belt Club + dulo dulo
7	8 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 9/1 7pm Tai Chi Chuan Beginner	9 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Sword & Form Refinement	10 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 1/2 7pm Tai Chi Chuan All Level	11 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Qigong All Level	12	13 10am-4pm BOARD GAME DAY
14	15 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 2/3 + bag gloves 7pm Tai Chi Chuan Beginner	16 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Sword & Form Refinement	17 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 3/4 7pm Tai Chi Chuan All Level	18 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Qigong All Level	19 6pm Internal Arts Club 7pm Push Hands & Sparring	20 9am Salon (Zoom)
21	22 <u>STUDIO CLOSED</u>	23 <u>STUDIO CLOSED</u>	24 <u>STUDIO CLOSED</u>	25 <u>STUDIO CLOSED</u>	26 <u>STUDIO CLOSED</u>	27
28	29 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 6/7 + sparring gear 7pm Tai Chi Chuan Beginner	30 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Sword & Form Refinement	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

