

# 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 <b>All Level</b></p>	<p>2 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm <b>Circuit Training</b> 8pm Qigong <b>All Level</b></p>	3	<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 <b>Beginner</b></p>	<p>7 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm <b>Circuit Training</b> 8pm Sword &amp; 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 <b>All Level</b></p>	<p>9 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm <b>Circuit Training</b> 8pm Qigong <b>All Level</b></p>	10	<p>11 10am Open Mat 11am <b>TESTING</b></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 <b>Beginner</b></p>	<p>14 5pm Lvl. 2 Karate 6/7 +sparring gear 6pm Lvl. 4 Karate 6/7 +sparring gear 7pm <b>Circuit Training</b> 8pm Sword &amp; Form Refinement</p>	<p>15 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 7/8 + sparring gear &amp; bo 7:30pm Tai Chi Chuan <b>All Level</b></p>	<p>16 5pm Lvl. 2 Karate 7/8 + sparring gear &amp; bo 6pm Lvl. 4 Karate 7/8 + sparring gear &amp; bo 7pm <b>Circuit Training</b> 8pm Qigong <b>All Level</b></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 <b>Beginner</b></p>	<p>21 5pm Lvl. 2 Karate 8/9 + bo 6pm Lvl. 4 Karate 8/9 +bo 7pm <b>Circuit Training</b> 8pm Sword &amp; 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 <b>All Level</b></p>	<p>23 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 5pm — 9/1 6pm — 9/1 7pm <b>Circuit Training</b> 8pm Qigong <b>All Level</b></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 <b>Beginner</b></p>	<p>28 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm <b>Circuit Training</b> 8pm Sword &amp; 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 <b>All Level</b></p>	<p>30 5pm Lvl. 2 Karate 2/3 +bag gloves 6pm Lvl. 4 Karate 2/3 +bag gloves 7pm <b>Circuit Training</b> 8pm Qigong <b>All Level</b></p>	31	<p>6pm Internal Arts Club 7pm Push Hands &amp; 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 <b>Beginner</b>	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 <b>All Level</b>	6 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Qigong <b>All Level</b>	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 <b>Beginner</b>	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 <b>All Level</b>	13 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Qigong <b>All Level</b>	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 <b>Beginner</b>	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 <b>All Level</b>	20 5pm Lvl. 2 Karate 8/9 + nunchaku 6pm Lvl. 4 Karate 8/9 + nunchaku 7pm Circuit Training 8pm Qigong <b>All Level</b>	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 <b>Beginner</b>	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 <b>All Level</b>	27 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Qigong <b>All Level</b>	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 <b>Beginner</b>	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 <b>All Level</b>	6 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Qigong <b>All Level</b>	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 <b>Beginner</b>	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 <b>All Level</b>	13 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Qigong <b>All Level</b>	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 <b>Beginner</b>	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 <b>All Level</b>	20 5pm Lvl. 2 Karate 7/8 + sparring gear 6pm Lvl. 4 Karate 7/8 + sparring gear 7pm Circuit Training 8pm Qigong <b>All Level</b>	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 <b>Beginner</b>	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 <b>All Level</b>	27 5pm Lvl. 2 Karate 9/1 + bo 6pm Lvl. 4 Karate 9/1 +bo 7pm Circuit Training 8pm Qigong <b>All Level</b>	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 <b>Beginner</b>					
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

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

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**

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

4

5  
9am Leadership Team  
10am Black Belt Club + bag gloves

6

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

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

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**

10  
5pm Lvl. 2 Karate 4/5  
6pm Lvl. 4 Karate 4/5  
7pm Circuit Training  
8pm Qigong **All Level**

11  
Saratoga Martial Arts Festival, Saratoga Springs, NY

12  
Saratoga Martial Arts Festival, Saratoga Springs, NY

13  
Saratoga Martial Arts Festival, Saratoga Springs, NY

14  
4:15pm Kids' Tai Chi  
5pm Lvl. 1 Karate 5/6  
6pm Lvl. 3 Karate 5/6  
7:30pm Tai Chi Chuan **Beginner**

15  
5pm Lvl. 2 Karate 5/6  
6pm Lvl. 4 Karate 5/6  
7pm Circuit Training  
8pm Sword & Form Refinement

16  
4:15pm Kids' Tai Chi  
5pm Lvl. 1 Karate 6/1 + sparring gear  
6pm Lvl. 3 Karate 6/7 + sparring gear  
7:30pm Tai Chi Chuan **All Level**

17  
5pm Lvl. 2 Karate 6/7 + sparring gear  
6pm Lvl. 4 Karate 6/7 + sparring gear  
7pm Circuit Training  
8pm Qigong **All Level**

18

19

20

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**

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

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**

24  
5pm Lvl. 2 Karate 8/9 + personal weapon  
6pm Lvl. 4 Karate 8/9 + personal weapon  
7pm Circuit Training  
8pm Qigong **All Level**

25  
6pm Internal Arts Club  
7pm Push Hands & Sparring

26  
9am Salon (Zoom & in studio)  
10am World Tai Chi & Qigong Day  
11am **TESTING**

27

28  
4:15pm Kids' Tai Chi  
5pm Lvl. 1 Karate 3/4  
6pm Lvl. 3 Karate 9/1  
7:30pm Tai Chi Chuan **Beginner**

29  
5pm Lvl. 2 Karate 9/1  
6pm Lvl. 4 Karate 9/1  
7pm Circuit Training  
8pm Sword & Form Refinement

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**



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 <b>All Level</b>	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 <b>Beginner</b>	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 <b>All Level</b>	8 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Qigong <b>All Level</b>	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 <b>Beginner</b>	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 <b>All Level</b>	15 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Qigong <b>All Level</b>	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 <b>Beginner</b>	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 <b>All Level</b>	22 5pm Lvl. 2 Karate 7/8 + sparring gear & bo 6pm Lvl. 4 Karate 7/8 + sparring gear & bo 7pm Circuit Training 8pm Qigong <b>All Level</b>	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 <b>All Level</b>	29 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Qigong <b>All Level</b>	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

<p>1</p> <p><b><u>JUNE</u></b></p>	<p>2</p> <p>4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 1/2 7:30pm Tai Chi Chuan <b>Beginner</b></p>	<p>3</p> <p>5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm <b>Circuit Training</b> 8pm Sword &amp; Form Refinement</p>	<p>4</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 <b>All Level</b></p>	<p>5</p> <p>5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm <b>Circuit Training</b> 8pm Qigong <b>All Level</b></p>	<p>6</p>	<p>7</p> <p>9am Leadership Team 10am Black Belt Club + Bokken</p>
<p>8</p>	<p>9</p> <p>4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 3/4 7:30pm Tai Chi Chuan <b>Beginner</b></p>	<p>10</p> <p>5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm <b>Circuit Training</b> 8pm Sword &amp; Form Refinement</p>	<p>11</p> <p>4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 4/5 7:30pm Tai Chi Chuan <b>All Level</b></p>	<p>12</p> <p>5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm <b>Circuit Training</b> 8pm Qigong <b>All Level</b></p>	<p>13</p>	<p>14</p> <p>10am <b>OPEN MAT</b></p>
<p>15</p>	<p>16</p> <p>4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 5/6 + bag gloves 6pm Lvl. 3 Karate 5/6 7:30pm Tai Chi Chuan <b>Beginner</b></p>	<p>17</p> <p>5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm <b>Circuit Training</b> 8pm Sword &amp; Form Refinement</p>	<p>18</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 <b>All Level</b></p>	<p>19</p> <p>5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm <b>Circuit Training</b> 8pm Qigong <b>All Level</b></p>	<p>20</p>	<p>21</p>
<p>22</p>	<p>23</p> <p>4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 7/8 + sparring gear &amp; bo 7:30pm Tai Chi Chuan <b>Beginner</b></p>	<p>24</p> <p>5pm Lvl. 2 Karate 7/8 + sparring gear &amp; bo 6pm Lvl. 4 Karate 7/8 + sparring gear &amp; bo 7pm <b>Circuit Training</b> 8pm Sword &amp; Form Refinement</p>	<p>25</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 <b>All Level</b></p>	<p>26</p> <p>5pm Lvl. 2 Karate 8/9 + bo 6pm Lvl. 4 Karate 8/9 + bo 7pm <b>Circuit Training</b> 8pm Qigong <b>All Level</b></p>	<p>27</p> <p>6pm Internal Arts Club 7pm <b>Push Hands &amp; Sparring</b></p>	<p>28</p> <p>9am Salon (Zoom)</p>
<p>29</p>	<p>30</p> <p><u>STUDIO</u> <u>CLOSED</u></p>					 <p>The logo for Red Dragon Karate features a stylized red dragon with its mouth open, breathing fire, set against a black background. The dragon is positioned within a white square frame that has a circular cutout in the center. The words "EIGHT STAR MARTIAL ARTS" are written in a semi-circle above the dragon, and "RED DRAGON KARATE" is written in a semi-circle below it.</p>
<p>5pm &amp; 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, &amp; specialty kicks</p>

# 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 <b>Beginner</b>	8 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm <b>Circuit Training</b> 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 <b>All Level</b>	10 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm <b>Circuit Training</b> 8pm Qigong <b>All Level</b>	11	12 9am Leadership Team 10am Black Belt Club + all weapons
13	14 <b>9am-noon/4pm</b> <b>KAMMP</b> 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 3/4 7:30pm Tai Chi Chuan <b>Beginner</b>	15 <b>9am-noon/4pm</b> <b>KAMMP</b> 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm <b>Circuit Training</b> 8pm Sword & Form Refinement	16 <b>9am-noon/4pm</b> <b>KAMMP</b> 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 4/5 7:30pm Tai Chi Chuan <b>All Level</b>	17 <b>9am-noon/4pm</b> <b>KAMMP</b> 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm <b>Circuit Training</b> 8pm Qigong <b>All Level</b>	18 <b>9am-noon/4pm</b> <b>KAMMP</b>	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 <b>Beginner</b>	22 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm <b>Circuit Training</b> 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 <b>All Level</b>	24 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm <b>Circuit Training</b> 8pm Qigong <b>All Level</b>	25 6pm Internal Arts Club 7pm <b>Push Hands &amp; Sparring</b>	26 9am Salon (Zoom)
27	28 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 <b>Beginner</b>	29 5pm Lvl. 2 Karate 7/8 + sparring gear & bo 6pm Lvl. 4 Karate 7/8 + sparring gear & bo 7pm <b>Circuit Training</b> 8pm Sword & Form Refinement	30 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 5/6 + bag gloves 6pm Lvl. 3 Karate 8/9 + personal weapon 7:30pm Tai Chi Chuan <b>All Level</b>	31 5pm Lvl. 2 Karate 8/9 + personal weapon 6pm Lvl. 4 Karate 8/9 + personal weapon 7pm <b>Circuit Training</b> 8pm Qigong <b>All Level</b>		
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



# AUGUST



					1	2 9am Leadership Team 10am Black Belt Club + personal weapon <b>11am TESTING</b>
3	4 <b>9am-noon/4pm KAMMP</b> 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 9/1 7:30pm Tai Chi Chuan <b>Beginner</b>	5 <b>9am-noon/4pm KAMMP</b> 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 <b>7pm Circuit Training</b> 8pm Sword & Form Refinement	6 <b>9am-noon/4pm KAMMP</b> 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 1/2 7:30pm Tai Chi Chuan <b>All Level</b>	7 <b>9am-noon/4pm KAMMP</b> 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 <b>7pm Circuit Training</b> 8pm Qigong <b>All Level</b>	8 <b>9am-noon/4pm KAMMP</b>	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 <b>Beginner</b>	12 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves <b>7pm Circuit Training</b> 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 <b>All Level</b>	14 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 <b>7pm Circuit Training</b> 8pm Qigong <b>All Level</b>	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 <b>Beginner</b>	19 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 <b>7pm Circuit Training</b> 8pm Sword & Form Refinement	20 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 5/6 + personal weapon 7:30pm Tai Chi Chuan <b>All Level</b>	21 5pm Lvl. 2 Karate 5/6 + personal weapon 6pm Lvl. 4 Karate 5/6 + personal weapon <b>7pm Circuit Training</b> 8pm Qigong <b>All Level</b>	22 6pm Internal Arts Club <b>7pm Push Hands &amp; Sparring</b>	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 31 7:30pm Tai Chi Chuan <b>Beginner</b>	26 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear <b>7pm Circuit Training</b> 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 <b>All Level</b>	28 5pm Lvl. 2 Karate 7/8 + sparring gear & bo 6pm Lvl. 4 Karate 7/8 + sparring gear & bo <b>7pm Circuit Training</b> 8pm Qigong <b>All Level</b>	29 <b>LABOR DAY</b>  <b>WEEKEND</b>  <b>STUDIO CLOSED</b>	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 &amp; 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><b>All Level</b></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 <b>All Level</b></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><b>Beginner</b></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 &amp; 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><b>All Level</b></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 <b>All Level</b></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><b>Beginner</b></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 &amp; 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><b>All Level</b></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 <b>All Level</b></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><b>Beginner</b></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 &amp; 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><b>All Level</b></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 <b>All Level</b></p>	<p>26</p> <p>6pm Internal Arts Club</p> <p>7pm Push Hands &amp; 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 &amp; bo</p> <p>7:30pm Tai Chi Chuan</p> <p><b>Beginner</b></p>	<p>30</p> <p>5pm Lvl. 2 Karate 7/8 + sparring gear &amp; bo</p> <p>6pm Lvl. 4 Karate 7/8 + sparring gear &amp; bo</p> <p>7pm Circuit Training</p> <p>8pm Sword &amp; Form Refinement</p>			
<p>5pm &amp; 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, &amp; 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 <b>All Level</b></p>	<p>2 5pm Lvl. 2 Karate 8/9 + bo 6pm Lvl. 4 Karate 8/9 + bo 7pm Circuit Training 8pm Qigong <b>All Level</b></p>	<p>3</p>	<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 <b>Beginner</b></p>	<p>7 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Sword &amp; 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 <b>All Level</b></p>	<p>9 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Qigong <b>All Level</b></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 <b>Beginner</b></p>	<p>14 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Sword &amp; 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 <b>All Level</b></p>	<p>16 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Qigong <b>All Level</b></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 <b>Beginner</b></p>	<p>21 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Sword &amp; 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 <b>All Level</b></p>	<p>23 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Qigong <b>All Level</b></p>	<p>24 6pm Internal Arts Club 7pm Push Hands &amp; 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 <b>Beginner</b></p>	<p>28 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Sword &amp; Form Refinement</p>	<p>29 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 7/8 + sparring gear &amp; bo 7:30pm Tai Chi Chuan <b>All Level</b></p>	<p>30 5pm Lvl. 2 Karate 7/8 + sparring gear &amp; bo 6pm Lvl. 4 Karate 7/8 + sparring gear &amp; bo 7pm Circuit Training 8pm Qigong <b>All Level</b></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 <b>Beginner</b></p>	<p>4 5pm Lvl. 2 Karate 8/9 + nunchaku 6pm Lvl. 4 Karate 8/9 + nunchaku 7pm Circuit Training 8pm Sword &amp; 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 <b>All Level</b></p>	<p>6 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Qigong <b>All Level</b></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	<p>10 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 1/2 7:30pm Tai Chi Chuan <b>Beginner</b></p>	<p>11 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Sword &amp; 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 <b>All Level</b></p>	<p>13 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Qigong <b>All Level</b></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 <b>Beginner</b></p>	<p>18 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Sword &amp; 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 <b>All Level</b></p>	<p>20 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Qigong <b>All Level</b></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 <b>Beginner</b></p>	<p>25 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Sword &amp; 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 &amp; Sparring</p>	<p>29 10am-noon OPEN HOUSE, OPEN MAT, &amp; HOLIDAY SALE</p>
<p>5pm &amp; 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, &amp; specialty kicks</p>

# DECEMBER

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

