


NOVEMBER



					1 Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada	2 Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada
3 Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada	4 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 3/4 +sparring gear 6pm Lvl. 3 Karate 6/7 +sparring gear 7:30pm Tai Chi Chuan Beginner	5 5pm Lvl. 2 Karate 6/7 +sparring gear 6pm Lvl. 4 Karate 6/7 +sparring gear 7pm Circuit Training 8pm Sword & Form Refinement	6 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 7/8 +sparring gear gear + personal weapon 7:30pm Tai Chi Chuan All Level	7 5pm Lvl. 2 Karate 7/8 + sparring gear +personal weapon 6pm Lvl. 4 Karate 7/8 + sparring gear + personal weapon 7pm Circuit Training 8pm Qigong All Level	8	9 9am Leadership Team 10am Black Belt Club +nunchaku 11am TESTING
10	11 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 8/9 +personal weapon 7:30pm Tai Chi Chuan Beginner	12 5pm Lvl. 2 Karate 8/9 +personal weapon 6pm Lvl. 4 Karate 8/9 +personal weapon 7pm Circuit Training 8pm Sword & Form Refinement	13 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 9/1 7:30pm Tai Chi Chuan All Level	14 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Qigong All Level	15	16 Diamond Valley Classic Tournament, Herkimer, NY
17	18 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 1/2 + bag gloves 6pm Lvl. 3 Karate 1/2 + bag gloves 7:30pm Tai Chi Chuan Beginner	19 5pm Lvl. 2 Karate 1/2 +bag gloves 6pm Lvl. 4 Karate 1/2 + bag gloves 7pm Circuit Training 8pm Sword & Form Refinement	20 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	21 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Qigong All Level	22	23 9am Salon (Zoom)
24	25 4:15pm Kids' Tai Chi 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 3/4 7:30pm Tai Chi Chuan Beginner	26 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Sword & Form Refinement	27 <u>STUDIO CLOSED</u>	28 <u>STUDIO CLOSED</u>	29 6pm Internal Arts Club 7pm Push Hands & Sparring	30 10am-noon OPEN HOUSE, OPEN MAT, & HOLIDAY SALE
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

<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

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

						<p>1 9am Leadership Team 10am Black Belt Club +escrima</p>
2	<p>3 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>4 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Sword & Form Refinement</p>	<p>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</p>	<p>6 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Qigong All Level</p>	7	<p>8 10-11am Open Mat</p>
9	<p>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</p>	<p>11 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 + personal weapon 7pm Circuit Training 8pm Sword & Form Refinement</p>	<p>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</p>	<p>13 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Qigong All Level</p>	14	15
16	<p>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</p>	<p>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</p>	<p>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</p>	<p>20 5pm Lvl. 2 Karate 8/9 + nunchaku 6pm Lvl. 4 Karate 8/9 + nunchaku 7pm Circuit Training 8pm Qigong All Level</p>	21	<p>22 9am Salon (Zoom)</p>
23	<p>24 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>25 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Sword & Form Refinement</p>	<p>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</p>	<p>27 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Qigong All Level</p>	<p>28 6pm Internal Arts Club 7pm Push Hands & Sparring</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

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

		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 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

<p>1</p> <p><u>JUNE</u></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 Beginner</p>	<p>3</p> <p>5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Sword & 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 All Level</p>	<p>5</p> <p>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>6</p>	<p>7</p> <p>9am Leadership Team 10am Black Belt Club + Bag Gloves</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 Beginner</p>	<p>10</p> <p>5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Sword & 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 All Level</p>	<p>12</p> <p>5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Qigong All Level</p>	<p>13</p>	<p>14</p> <p>10am OPEN MAT</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 Beginner</p>	<p>17</p> <p>5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Sword & 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 All Level</p>	<p>19</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>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 & bo 7:30pm Tai Chi Chuan Beginner</p>	<p>24</p> <p>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>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 All Level</p>	<p>26</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>27</p> <p>6pm Internal Arts Club 7pm Push Hands & Sparring</p>	<p>28</p> <p>9am Salon (Zoom)</p>
<p>29</p>	<p>30</p> <p><u>STUDIO CLOSED</u></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>

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)
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 Beginner	29 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	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 All Level	31 5pm Lvl. 2 Karate 8/9 + personal weapon 6pm Lvl. 4 Karate 8/9 + personal weapon 7pm Circuit Training 8pm Qigong 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

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

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>	<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 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>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 CLOSED</u></p>	<p>24</p> <p><u>STUDIO CLOSED</u></p>	<p>25</p> <p><u>STUDIO CLOSED</u></p>	<p>26</p> <p><u>STUDIO CLOSED</u></p>	<p>27</p> <p><u>STUDIO 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>The logo for Red Dragon Karate features a stylized red dragon with its mouth open, breathing fire. The dragon is positioned over a circular emblem with a red and white design. 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 & 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>

