


APRIL 2026

			<p>1 9am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 6/7 + sparring gear 7pm ALL TAI CHI 8pm LONG FORM</p>	<p>2 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 6/7 + sparring gear 7pm Cardio Circuit 8pm SEASONAL</p>	<p>3 9am QIGONG</p>	<p>4 9am LDRSHIP TEAM 10am Black Belt Club + personal weapon</p>
5	<p>6 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 7/8 + sparring gear + personal weapon 7pm BEG. TAI CHI 8pm TAI CHI SWORD</p>	<p>7 9am QIGONG 5:15pm Short Series 6pm ADV Karate 7/8 + sparring gear + personal weapon 7pm Cardio Circuit 8pm REFINEMENT</p>	<p>8 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 8/9 + bo 7pm ALL TAI CHI 8pm LONG FORM</p>	<p>9 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 8/9 + bo 7pm Cardio Circuit 8pm SEASONAL</p>	<p>10 9am QIGONG</p>	<p>11</p>
12	<p>13 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 9/1 7pm BEG. TAI CHI 8pm TAI CHI SWORD</p>	<p>14 9am QIGONG 5:15 Short Series 6pm ADV Karate 9/1 7pm Cardio Circuit 8pm REFINEMENT</p>	<p>15 9am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 1/2 7pm ALL TAI CHI 8pm LONG FORM</p>	<p>16 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 1/2 7pm Cardio Circuit 8pm SEASONAL</p>	<p>17 9am QIGONG</p>	<p>18</p>
19	<p>20 9am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 2/3 + bag gloves 7pm BEG. TAI CHI 8pm TAI CHI SWORD</p>	<p>21 9am QIGONG 5:15 Short Series 6pm ADV Karate 2/3 + bag gloves 7pm Cardio Circuit 8pm REFINEMENT</p>	<p>22 9am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 3/4 7pm ALL TAI CHI 8pm LONG FORM</p>	<p>23 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 3/4 7pm Cardio Circuit SEASONAL</p>	<p>24 9am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING</p>	<p>25 9am SALON (Zoom & in studio) 10am WORLD TAI CHI & QIGONG DAY</p>
26	<p>27 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 4/5 7pm BEG. TAI CHI 8pm TAI CHI SWORD</p>	<p>28 9am QIGONG 5:15 Short Series 6pm ADV Karate 4/5 7pm Cardio Circuit 8pm REFINEMENT</p>	<p>29 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 5/6 7pm ALL TAI CHI 8pm LONG FORM</p>	<p>30 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 5/6 7pm Cardio Circuit 8pm SEASONAL</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>

MAY
2026




					1 9am QIGONG	2 9am LDRSHP TEAM 10am Black Belt Club + bo 11am TESTING
3	4 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 6/7 + sparring gear 7pm BEG. TAI CHI 8pm TAI CHI SWORD	5 9am QIGONG 5:15 Short Series 6pm ADV Karate 6/7 + sparring gear 7pm Cardio Circuit 8pm REFINEMENT	6 9am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 7/8 +sparring gear +dulo dulo 7pm ALL TAI CHI 8pm LONG FORM	7 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 7/8 +sparring gear +dulo dulo 7pm Cardio Circuit 8pm SEASONAL	8 9am QIGONG	9
10	11 9am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 8/9 + dulo dulo 7pm BEG. TAI CHI 8pm TAI CHI SWORD	12 9am QIGONG 5:15 Short Series 6pm ADV Karate 8/9 + dulo dulo 7pm Cardio Circuit 8pm REFINEMENT	13 9am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 9/1 7pm ALL TAI CHI 8pm LONG FORM	14 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 9/1 7pm Cardio Circuit 8pm SEASONAL	15 9am QIGONG	16 Saratoga Martial Arts Festival (SMAF), Holiday Inn, Saratoga Springs, NY 8am-5pm
17 Saratoga Martial Arts Festival (SMAF), Holiday Inn, Saratoga Springs, NY 8am-1pm	18 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 1/2 7pm BEG. TAI CHI 8pm TAI CHI SWORD	19 9am QIGONG 5:15 Short Series 6pm ADV Karate 1/2 7pm Cardio Circuit 8pm REFINEMENT	20 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 2/3 + bag gloves 7pm ALL TAI CHI 8pm LONG FORM	21 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 2/3 + bag gloves 7pm Cardio Circuit 8pm SEASONAL	22 9am QIGONG	23
24	25 MEMORIAL DAY <u>STUDIO CLOSED</u> <u>NO CLASSES</u>	26 9am QIGONG 5:15 Short Series 6pm ADV Karate 4/5 7pm Cardio Circuit 8pm REFINEMENT	27 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 5/6 7pm ALL TAI CHI 8pm LONG FORM	28 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 5/6 7pm Cardio Circuit 8pm SEASONAL	29 9am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING	30 9am SALON (Zoom)
31	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

JUNE 2026

	1 9am QIGONG <u>STUDIO</u> <u>CLOSED</u> <u>NO EVENING</u> <u>CLASSES</u>	2 9am QIGONG 5:15 Short Series 6pm ADV Karate 7/8 + sparring gear 7pm Cardio Circuit 8pm REFINEMENT	3 9am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 8/9 + sparring gear + nunchaku 7pm ALL TAI CHI 8pm LONG FORM	4 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 8/9 + sparring gear + nunchaku 7pm Cardio Circuit 8pm SEASONAL	5 9am QIGONG	6 9am LDRSHP TEAM 10am Black Belt Club + bag gloves
7	8 9am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 9/1 7pm BEG. TAI CHI 8pm TAI CHI SWORD	9 9am QIGONG 5:15 Short Series 6pm ADV Karate 9/1 7pm Cardio Circuit 8pm REFINEMENT	10 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 1/2 7pm ALL TAI CHI 8pm LONG FORM	11 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 1/2 7pm Cardio Circuit 8pm SEASONAL	12 9am QIGONG	13
14	15 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 2/3 + bag gloves 7pm BEG. TAI CHI 8pm TAI CHI SWORD	16 9am QIGONG 5:15 Short Series 6pm ADV Karate 2/3 + bag gloves 7pm Cardio Circuit 8pm REFINEMENT	17 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 3/4 7pm ALL TAI CHI 8pm LONG FORM	18 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 3/4 7pm Cardio Circuit 8pm SEASONAL	19 9am QIGONG Super Summer Seminars Martial Arts Camp 5-7pm KIDS 5-8pm ADULTS	20 Super Summer Seminars Martial Arts ADULT Camp 9am-5pm
21	22 9am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 4/5 7pm BEG. TAI CHI 8pm TAI CHI SWORD	23 9am QIGONG 5:15 Short Series 6pm ADV Karate 4/5 7pm Cardio Circuit 8pm REFINEMENT	24 9am QIGONG 5pm BEG Karate 2/3 6pm INT Karate 5/6 7pm ALL TAI CHI 8pm LONG FORM	25 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 5/6 7pm Cardio Circuit 8pm SEASONAL	26 9am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING	27 9am SALON (Zoom)
28	29 9am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 6/1 7pm BEG. TAI CHI 8pm TAI CHI SWORD	30 9am QIGONG 5:15 Short Series 6pm ADV Karate 6/1 7pm Cardio Circuit 8pm REFINEMENT				
	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 2026

			1 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 1/2 7pm ALL TAI CHI 8pm LONG FORM	2 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 1/2 7pm Cardio Circuit 8pm SEASONAL	3 9am QIGONG	4 <u>STUDIO</u> <u>CLOSED</u>
5 <u>STUDIO</u> <u>CLOSED</u>	6 <u>STUDIO</u> <u>CLOSED</u>	7 <u>STUDIO</u> <u>CLOSED</u>	8 <u>STUDIO</u> <u>CLOSED</u>	9 <u>STUDIO</u> <u>CLOSED</u>	10 <u>STUDIO</u> <u>CLOSED</u>	11 9am LDRSHP TEAM 10am Black Belt Club + sai and tonfa
12	13 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 2/3 + bag gloves 7pm BEG. TAI CHI 8pm TAI CHI SWORD	14 9am QIGONG 5:15 Short Series 6pm ADV Karate 2/3 + bag gloves 7pm Cardio Circuit 8pm REFINEMENT	15 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 3/4 7pm ALL TAI CHI 8pm LONG FORM	16 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 3/4 7pm Cardio Circuit 8pm SEASONAL	17 9am QIGONG	18
19	20 9am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 4/5 7pm BEG. TAI CHI 8pm TAI CHI SWORD	21 9am QIGONG 5:15 Short Series 6pm ADV Karate 4/5 7pm Cardio Circuit 8pm REFINEMENT	22 9am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 5/6 7pm ALL TAI CHI 8pm LONG FORM	23 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 5/6 7pm Cardio Circuit 8pm SEASONAL	24 9am QIGONG	25 9am SALON (Zoom)
26	27 9am QIGONG 9am-noon/4pm KAMMP 5pm BEG Karate 3/4 6pm INT Karate 6/7 + sparring gear 7pm BEG. TAI CHI 8pm TAI CHI SWORD	28 9am QIGONG 9am-noon/4pm KAMMP 5:15 Short Series 6pm ADV Karate 6/7 + sparring gear 7pm Cardio Circuit 8pm REFINEMENT	29 9am QIGONG 9am-noon/4pm KAMMP 5pm BEG Karate 4/5 6pm INT Karate 7/8 + sparring gear + bo 7pm ALL TAI CHI 8pm LONG FORM	30 9am QIGONG 9am-noon/4pm KAMMP 5:15pm Intro Karate 6pm ADV Karate 7/8 + sparring gear + bo 7pm Cardio Circuit 8pm SEASONAL	31 9am QIGONG 9am-noon/4pm KAMMP 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING	
	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 2026



1
9am LDRSHP TEAM
10am Black Belt Club
 + kama
11am TESTING

2	3 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 8/9 + personal weapon 7pm BEG. TAI CHI 8pm TAI CHI SWORD	4 9am QIGONG 5:15 Short Series 6pm ADV Karate 8/9 + personal weapon 7pm Cardio Circuit 8pm REFINEMENT	5 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 9/1 7pm ALL TAI CHI 8pm LONG FORM	6 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 9/1 7pm Cardio Circuit 8pm SEASONAL	7 9am QIGONG	8 Northeast Open Martial Arts Tournament & Showcase, Albany, NY (?)
9	10 9am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 1/2 7pm BEG. TAI CHI 8pm TAI CHI SWORD	11 9am QIGONG 5:15 Short Series 6pm ADV Karate 1/2 7pm Cardio Circuit 8pm REFINEMENT	12 9am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 2/3 + bag gloves 7pm ALL TAI CHI 8pm LONG FORM	13 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 2/3 + bag gloves 7pm Cardio Circuit 8pm SEASONAL	14 9am QIGONG	15
16	17 9am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 3/4 7pm BEG. TAI CHI 8pm TAI CHI SWORD	18 9am QIGONG 5:15 Short Series 6pm ADV Karate 3/4 7pm Cardio Circuit 8pm REFINEMENT	19 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 4/5 7pm ALL TAI CHI 8pm LONG FORM	20 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 4/5 7pm Cardio Circuit 8pm SEASONAL	21 9am QIGONG	22 9am SALON (Zoom)
23	24 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 5/6 7pm BEG. TAI CHI 8pm TAI CHI SWORD	25 9am QIGONG 5:15 Short Series 6pm ADV Karate 5/6 7pm Cardio Circuit 8pm REFINEMENT	26 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 6/7 + sparring gear 7pm ALL TAI CHI 8pm LONG FORM	27 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 6/7 + sparring gear 7pm Cardio Circuit 8pm SEASONAL	28 9am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING	29
	30 9am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 7/8 + sparring gear & bo 7pm BEG. TAI CHI 8pm TAI CHI SWORD					
	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
2026**

		1 9am QIGONG 5:15 Short Series 6pm ADV Karate 7/8 + sparring gear + bo 7pm Cardio Circuit 8pm REFINEMENT	2 9am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 8/9 + bo 7pm ALL TAI CHI 8pm LONG FORM	3 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 8/9 + bo 7pm Cardio Circuit 8pm SEASONAL	4 <u>LABOR DAY</u> <u>WEEKEND</u> <u>STUDIO CLOSED</u>	5 <u>LABOR DAY</u> <u>WEEKEND</u> <u>STUDIO CLOSED</u>
6	7 <u>LABOR DAY</u> <u>STUDIO CLOSED</u>	8 9am QIGONG 5:15 Short Series 6pm ADV Karate 9/1 7pm Cardio Circuit 8pm REFINEMENT	9 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 1/2 7pm ALL TAI CHI 8pm LONG FORM	10 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 1/2 7pm Cardio Circuit 8pm SEASONAL	11 9am QIGONG	12 9am LDRSHP TEAM 10am Black Belt Club + dulo dulo
13	14 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 2/3 + bag gloves 7pm BEG. TAI CHI 8pm TAI CHI SWORD	15 9am QIGONG 5:15 Short Series 6pm ADV Karate 2/3 + bag gloves 7pm Cardio Circuit 8pm REFINEMENT	16 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 3/4 7pm ALL TAI CHI 8pm LONG FORM	17 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 3/4 7pm Cardio Circuit 8pm SEASONAL	18 9am QIGONG	19 Golden Eagle Challenge Tournament, Galway, NY (?)
20	21 9am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 4/5 7pm BEG. TAI CHI 8pm TAI CHI SWORD	22 9am QIGONG 5:15 Short Series 6pm ADV Karate 4/5 7pm Cardio Circuit 8pm REFINEMENT	23 9am QIGONG 5pm BEG Karate 2/3 6pm INT Karate 5/6 7pm ALL TAI CHI 8pm LONG FORM	24 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 5/6 7pm Cardio Circuit 8pm SEASONAL	25 9am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING	26 9am SALON (Zoom)
27	28 9am QIGONG 5pm BEG Karate 3/4 + bag gloves 6pm INT Karate 6/7 + sparring gear 7pm BEG. TAI CHI 8pm TAI CHI SWORD	29 9am QIGONG 5:15 Short Series 6pm ADV Karate 6/7 + sparring gear 7pm Cardio Circuit 8pm REFINEMENT	30 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 7/8 + sparring gear + dulo dulo 7pm ALL TAI CHI 8pm LONG FORM			
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 2026



				1 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 7/8 + sparring gear + dulo dulo 7pm Cardio Circuit 8pm SEASONAL	2 9am QIGONG	3 9am LDRSHP TEAM 10am Black Belt Club + personal weapon
4	5 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 8/9 + dulo dulo 7pm BEG. TAI CHI 8pm TAI CHI SWORD	6 9am QIGONG 5:15 Short Series 6pm ADV Karate 8/9 + dulo dulo 7pm Cardio Circuit 8pm REFINEMENT	7 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 9/1 7pm ALL TAI CHI 8pm LONG FORM	8 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 9/1 7pm Cardio Circuit 8pm SEASONAL	9 9am QIGONG	10 10-11am OPEN MAT
11	12 9am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 1/2 7pm BEG. TAI CHI 8pm TAI CHI SWORD	13 9am QIGONG 5:15 Short Series 6pm ADV Karate 1/2 7pm Cardio Circuit 8pm REFINEMENT	14 9am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 2/3 + bag gloves 7pm ALL TAI CHI 8pm LONG FORM	15 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 2/3 + bag gloves 7pm Cardio Circuit 8pm SEASONAL	16 9am QIGONG	17
18	19 9am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 3/4 7pm BEG. TAI CHI 8pm TAI CHI SWORD	20 9am QIGONG 5:15 Short Series 6pm ADV Karate 3/4 7pm Cardio Circuit 8pm REFINEMENT	21 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 4/5 7pm ALL TAI CHI 8pm LONG FORM	22 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 4/5 7pm Cardio Circuit 8pm SEASONAL	23 9am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING	24 9am SALON (Zoom)
25	26 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 5/6 7pm BEG. TAI CHI 8pm TAI CHI SWORD	27 9am QIGONG 5:15 Short Series 6pm ADV Karate 5/6 7pm Cardio Circuit 8pm REFINEMENT	28 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 6/7 + sparring gear 7pm ALL TAI CHI 8pm LONG FORM	29 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 6/7 + sparring gear 7pm Cardio Circuit 8pm SEASONAL	30 Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada	31 Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada
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 Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada</p>	<p>2 9am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 7/8 + sparring gear + personal weapon 7pm BEG. TAI CHI 8pm TAI CHI SWORD</p>	<p>3 9am QIGONG 5:15 Short Series 6pm ADV Karate 7/8 + personal weapon 7pm Cardio Circuit 8pm REFINEMENT</p>	<p>4 9am QIGONG 5pm BEG Karate 2/3 6pm INT Karate 8/9 + personal weapon 7pm ALL TAI CHI 8pm LONG FORM</p>	<p>5 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 8/9 + personal weapon 7pm Cardio Circuit 8pm SEASONAL</p>	<p>6 9am QIGONG</p>	<p>3 9am LDRSHP TEAM 10am Black Belt Club + bo</p>
<p>8</p>	<p>9 9am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 9/1 7pm BEG. TAI CHI 8pm TAI CHI SWORD</p>	<p>10 9am QIGONG 5:15 Short Series 6pm ADV Karate 9/1 7pm Cardio Circuit 8pm REFINEMENT</p>	<p>11 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 1/2 7pm ALL TAI CHI 8pm LONG FORM</p>	<p>12 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 1/2 7pm Cardio Circuit 8pm SEASONAL</p>	<p>13 9am QIGONG</p>	<p>14 Diamond Valley Classic Tournament, Herkimer, NY (?)</p>
<p>15</p>	<p>16 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 2/3 + bag gloves 7pm BEG. TAI CHI 8pm TAI CHI SWORD</p>	<p>17 9am QIGONG 5:15 Short Series 6pm ADV Karate 2/3 + bag gloves 7pm Cardio Circuit 8pm REFINEMENT</p>	<p>18 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 3/4 7pm ALL TAI CHI 8pm LONG FORM</p>	<p>19 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 3/4 7pm Cardio Circuit 8pm SEASONAL</p>	<p>20 9am QIGONG</p>	<p>21</p>
<p>22</p>	<p>23 9am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 4/5 7pm BEG. TAI CHI 8pm TAI CHI SWORD</p>	<p>24 9am QIGONG 5:15 Short Series 6pm ADV Karate 4/5 7pm Cardio Circuit 8pm REFINEMENT</p>	<p>25 <u>STUDIO</u> <u>CLOSED</u></p>	<p>26 <u>STUDIO</u> <u>CLOSED</u></p>	<p>27 9am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING</p>	<p>28 9am SALON (Zoom) 10am TESTING, OPEN HOUSE, & HOLIDAY SALE</p>
<p>29</p>	<p>30 9am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 6/7 + sparring gear 7pm BEG. TAI CHI 8pm TAI CHI SWORD</p>		<p><u>NOVEMBER</u> <u>2026</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>

DECEMBER 2026

		1 9am QIGONG 5:15 Short Series 6pm ADV Karate 6/7 + sparring gear 7pm Cardio Circuit 8pm REFINEMENT	2 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 7/8 + sparring gear + escrima 7pm ALL TAI CHI 8pm LONG FORM	3 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 7/8 + sparring gear + escrima 7pm Cardio Circuit 8pm SEASONAL	4 9am QIGONG 5:30-8pm KID'S NIGHT OUT	5 9am LDRSHP TEAM 10am Black Belt Club + nunchaku
6	7 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 8/9 + nunchaku 7pm BEG. TAI CHI 8pm TAI CHI SWORD	8 9am QIGONG 5:15 Short Series 6pm ADV Karate 8/9 + nunchaku 7pm Cardio Circuit 8pm REFINEMENT	9 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 9/1 7pm ALL TAI CHI 8pm LONG FORM	10 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 9/1 7pm Cardio Circuit 8pm SEASONAL	11 9am QIGONG	12
13	14 9am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 1/2 7pm BEG. TAI CHI 8pm TAI CHI SWORD	15 9am QIGONG 5:15 Short Series 6pm ADV Karate 1/2 7pm Cardio Circuit 8pm REFINEMENT	16 9am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 2/3 + bag gloves 7pm ALL TAI CHI 8pm LONG FORM	17 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 2/3 + bag gloves 7pm Cardio Circuit 8pm SEASONAL	18 9am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING	19 9am SALON (Zoom)
20	21 <u>STUDIO CLOSED</u>	22 <u>STUDIO CLOSED</u>	23 <u>STUDIO CLOSED</u>	24 <u>STUDIO CLOSED</u>	25 <u>STUDIO CLOSED</u>	26
27	28 9am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 3/4 7pm BEG. TAI CHI 8pm TAI CHI SWORD	29 9am QIGONG 5:15 Short Series 6pm ADV Karate 3/4 7pm Cardio Circuit 8pm REFINEMENT	30 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 4/5 7pm ALL TAI CHI 8pm LONG FORM	31 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 4/5 7pm Cardio Circuit 8pm SEASONAL		
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

JANUARY 2027




					1 9am QIGONG	2 9am LDRSHP TEAM 10am Black Belt Club (kata) 11am-4pm BOARD GAME DAY
3	4 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 5/6 7pm BEG. TAI CHI 8pm TAI CHI SWORD	5 9am QIGONG 5:15 Short Series 6pm ADV Karate 5/6 7pm Cardio Circuit 8pm REFINEMENT	6 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 6/7 + sparring gear 7pm ALL TAI CHI 8pm LONG FORM	7 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 6/7 + sparring gear 7pm Cardio Circuit 8pm SEASONAL	8 9am QIGONG	9 10-11am OPEN MAT
10	11 9am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 7/8 + sparring gear + bo 7pm BEG. TAI CHI 8pm TAI CHI SWORD	12 9am QIGONG 5:15 Short Series 6pm ADV Karate 7/8 + sparring gear + bo 7pm Cardio Circuit 8pm REFINEMENT	13 9am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 8/9 + bo 7pm ALL TAI CHI 8pm LONG FORM	14 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 8/9 + bo 7pm Cardio Circuit 8pm SEASONAL	15 9am QIGONG	16
17	18 9am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 9/1 7pm BEG. TAI CHI 8pm TAI CHI SWORD	19 9am QIGONG 5:15 Short Series 6pm ADV Karate 9/1 7pm Cardio Circuit 8pm REFINEMENT	20 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 1/2 7pm ALL TAI CHI 8pm LONG FORM	21 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 1/2 7pm Cardio Circuit 8pm SEASONAL	22 9am QIGONG	23 9am SALON (Zoom)
24	18 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 2/3 + bag gloves 7pm BEG. TAI CHI 8pm TAI CHI SWORD	19 9am QIGONG 5:15 Short Series 6pm ADV Karate 2/3 + bag gloves 7pm Cardio Circuit 8pm REFINEMENT	20 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 3/4 7pm ALL TAI CHI 8pm LONG FORM	21 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 3/4 7pm Cardio Circuit 8pm SEASONAL	29 9am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING	30
31	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 2027



	<p>1 9am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 4/5 7pm BEG. TAI CHI 8pm TAI CHI SWORD</p>	<p>2 9am QIGONG 5:15 Short Series 6pm ADV Karate 4/5 7pm Cardio Circuit 8pm REFINEMENT</p>	<p>3 9am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 5/6 7pm ALL TAI CHI 8pm LONG FORM</p>	<p>4 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 5/6 7pm Cardio Circuit 8pm SEASONAL</p>	<p>5 9am QIGONG</p>	<p>6 9am LDRSHP TEAM 10am Black Belt Club (kata) 11am TESTING</p>
7	<p>8 9am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 6/7 + sparring gear 7pm BEG. TAI CHI 8pm TAI CHI SWORD</p>	<p>9 9am QIGONG 5:15 Short Series 6pm ADV Karate 6/7 + sparring gear 7pm Cardio Circuit 8pm REFINEMENT</p>	<p>10 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 7/8 + sparring gear + nunchaku 7pm ALL TAI CHI 8pm LONG FORM</p>	<p>11 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 7/8 + sparring gear + nunchaku 7pm Cardio Circuit 8pm SEASONAL</p>	<p>12 9am QIGONG</p>	<p>13</p>
14	<p>15 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 8/9 + nunchaku 7pm BEG. TAI CHI 8pm TAI CHI SWORD</p>	<p>16 9am QIGONG 5:15 Short Series 6pm ADV Karate 8/9 + nunchaku 7pm Cardio Circuit 8pm REFINEMENT</p>	<p>17 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 9/1 7pm ALL TAI CHI 8pm LONG FORM</p>	<p>18 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 9/1 7pm Cardio Circuit 8pm SEASONAL</p>	<p>19 9am QIGONG</p>	<p>20 GGM Chen's 94th Birthday</p>
21/28	<p>22 9am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 1/2 7pm BEG. TAI CHI 8pm TAI CHI SWORD</p>	<p>23 9am QIGONG 5:15 Short Series 6pm ADV Karate 1/2 7pm Cardio Circuit 8pm REFINEMENT</p>	<p>24 9am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 2/3 + bag gloves 7pm ALL TAI CHI 8pm LONG FORM</p>	<p>25 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 2/3 + bag gloves 7pm Cardio Circuit 8pm SEASONAL</p>	<p>26 9am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING</p>	<p>27 9am SALON (Zoom)</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>

MARCH 2027

	1 9am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 3/4 7pm BEG. TAI CHI 8pm TAI CHI SWORD	2 9am QIGONG 5:15 Short Series 6pm ADV Karate 3/4 7pm Cardio Circuit 8pm REFINEMENT	3 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 4/5 7pm ALL TAI CHI 8pm LONG FORM	4 9am QIGONG 5:15 pm Intro Karate 6pm ADV Karate 4/5 7pm Cardio Circuit 8pm SEASONAL	5 9am QIGONG	6 9am LDRSHP TEAM 10am Black Belt Club + escrima
7	8 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 5/6 7pm BEG. TAI CHI 8pm TAI CHI SWORD	9 9am QIGONG 5:15 Short Series 6pm ADV Karate 5/6 7pm Cardio Circuit 8pm REFINEMENT	10 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 6/7 + sparring gear 7pm ALL TAI CHI 8pm LONG FORM	11 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 6/7 + sparring gear 7pm Cardio Circuit 8pm SEASONAL	12 9am QIGONG	13
14	15 9am QIGONG 5pm BEG Karate 1/2 6pm INT Karate 7/8 + sparring gear + personal weapon 7pm BEG. TAI CHI 8pm TAI CHI SWORD	16 9am QIGONG 5:15 Short Series 6pm ADV Karate 7/8 + sparring gear + personal weapon 7pm Cardio Circuit 8pm REFINEMENT	17 9am QIGONG 5pm BEG Karate 2/3 + bag gloves 6pm INT Karate 8/9 + personal weapon 7pm ALL TAI CHI 8pm LONG FORM	18 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 8/9 + personal weapon 7pm Cardio Circuit 8pm SEASONAL	19 9am QIGONG	20
21	22 9am QIGONG 5pm BEG Karate 3/4 6pm INT Karate 9/1 7pm BEG. TAI CHI 8pm TAI CHI SWORD	23 9am QIGONG 5:15 Short Series 6pm ADV Karate 9/1 7pm Cardio Circuit 8pm REFINEMENT	24 9am QIGONG 5pm BEG Karate 4/5 6pm INT Karate 1/2 7pm ALL TAI CHI 8pm LONG FORM	25 9am QIGONG 5:15pm Intro Karate 6pm ADV Karate 1/2 7pm Cardio Circuit 8pm SEASONAL	26 9am QIGONG 6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS 7pm OPEN PUSH HANDS & SPARRING	27 9am SALON (Zoom)
28	29 9am QIGONG 5pm BEG Karate 5/6 6pm INT Karate 2/3 + bag gloves 7pm BEG. TAI CHI 8pm TAI CHI SWORD	30 9am QIGONG 5:15 Short Series 6pm ADV Karate 2/3 + bag gloves 7pm Cardio Circuit 8pm REFINEMENT	31 9am QIGONG 5pm BEG Karate 6/1 6pm INT Karate 3/4 7pm ALL TAI CHI 8pm LONG FORM			
	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