| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | 2 8am QIGONG<br>5pm BEG Karate 1/2<br>6pm INT Karate 4/5<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 3 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 4/5<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 4 8am QIGONG<br>5pm BEG Karate 2/3<br>6pm INT Karate 5/6<br>7pm ALL TAI CHI<br>8pm LONG FORM | 5 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 5/6<br>7pm CARDIO Circuit<br>8pm SEASONAL | 6<br>Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada | 7<br>Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada |
| 8<br>Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada | 9 8am QIGONG<br>5pm BEG Karate 3/4<br>6pm INT Karate 6/7<br>+ sparring gear<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 10 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 6/7<br>+ sparring gear<br>7pm CARDI Circuit<br>8pm REFINEMENT | 11 8am QIGONG<br>5pm BEG Karate 4/5<br>6pm INT Karate 7/8<br>+ sparring gear<br>+ sai and tonfa<br>7pm ALL TAI CHI<br>8pm LONG FORM | 12 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 7/8<br>+ sparring gear<br>+ sai and tonfa<br>7pm CARDIO Circuit<br>8pm SEASONAL | 13 8am QIGONG | 14<br>Diamond Valley Classic Tournament, Herkimer, NY |
| 15 | 16 8am QIGONG<br>5pm BEG Karate 5/6<br>6pm INT Karate 8/9<br>+ sai and tonfa<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 17 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 8/9<br>+ sai and tonfa<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 18 8am QIGONG<br>5pm BEG Karate 6/1<br>6pm INT Karate 9/1<br>7pm ALL TAI CHI<br>8pm LONG FORM | 19 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 9/1<br>7pm CARDIO Circuit<br>8pm SEASONAL | 20 8am QIGONG | 21<br>9am LDRSHP TEAM<br>10am Black Belt Club<br>+ bo |
| 22 | 23 8am QIGONG<br>5pm BEG Karate 1/2<br>6pm INT Karate 1/2<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 24 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 1/2<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 25<br>STUDIO CLOSED | 26<br>STUDIO CLOSED | 27 8am QIGONG<br>6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS<br>7pm OPEN PUSH HANDS & SPARRING | 28<br>9am SALON (LIVE)<br>10am TESTING/ OPEN HOUSE/ HOLIDAY SALE |
| 29 | 30 8am QIGONG<br>5pm BEG Karate 3/4<br>6pm INT Karate 3/4<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | | **NOVEMBER 2026** | | | EIGHT STAR MARTIAL ARTS<br>RED DRAGON KARATE |
| 5pm & 6pm Karate class curriculum focus KEY: | 1. blocks, stances, footwork | 2. strikes<br>3. kicks | 4. balance, rolls/ breakfalls, ground fighting | 5. combos/individual needs | 6. kata<br>7. sparring<br>8. weapons | 9. sliding, rolling, flying, & specialty kicks |

| DECEMBER 2026 | | | | | | |
|---|---|---|---|---|---|---|
| | | 1 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 3/4<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 2 8am QIGONG<br>5pm BEG Karate 4/5<br>6pm INT Karate 4/5<br>7pm ALL TAI CHI<br>8pm LONG FORM | 3 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 4/5<br>7pm CARDIO Circuit<br>8pm SEASONAL | 4 8am QIGONG<br>5:30-8pm<br>KID'S NIGHT OUT | 5<br>9am LDRSHP TEAM<br>10am Black Belt Club<br>+ nunchaku |
| 6 | 7 8am QIGONG<br>5pm BEG Karate 5/6<br>6pm INT Karate 5/6<br>+ personal weapon<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 8 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 5/6<br>+ personal weapon<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 9 8am QIGONG<br>5pm BEG Karate 6/1<br>6pm INT Karate 6/7<br>+ sparring gear<br>7pm ALL TAI CHI<br>8pm LONG FORM | 10 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 6/7<br>+ sparring gear<br>7pm CARDIO Circuit<br>8pm SEASONAL | 11 8am QIGONG | 12 |
| 13 | 14 8am QIGONG<br>5pm BEG Karate 1/2<br>6pm INT Karate 7/8<br>+ sparring gear<br>+ escrima<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 15 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 7/8<br>+ sparring gear<br>+ escrima<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 16 8am QIGONG<br>5pm BEG Karate 2/3<br>+ bag gloves<br>6pm INT Karate 8/9<br>+ katana<br>7pm ALL TAI CHI<br>8pm LONG FORM | 17 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 8/9<br>+ katana<br>7pm CARDIO Circuit<br>8pm SEASONAL | 18 8am QIGONG<br>6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS<br>7pm OPEN PUSH HANDS & SPARRING | 19<br>9am SALON (Zoom) |
| 20 | 21 STUDIO CLOSED | 22 STUDIO CLOSED | 23 STUDIO CLOSED | 24 STUDIO CLOSED | 25 STUDIO CLOSED | 26 |
| 27 | 28 8am QIGONG<br>5pm BEG Karate 3/4<br>6pm INT Karate 9/1<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 29 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 9/1<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 30 8am QIGONG<br>5pm BEG Karate 4/5<br>6pm INT Karate 1/2<br>7pm ALL TAI CHI<br>8pm LONG FORM | 31 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 1/2<br>7pm CARDIO Circuit<br>8pm SEASONAL | | EIGHT STAR MARTIAL ARTS<br>RED DRAGON KARATE |
| 5pm & 6pm Karate class curriculum focus KEY: | 1. blocks, stances, footwork | 2. strikes<br>3. kicks | 4. balance, rolls/ breakfalls, ground fighting | 5. combos/individual needs | 6. kata<br>7. sparring<br>8. weapons | 9. sliding, rolling, flying, & specialty kicks |

# JANUARY 2027

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|---|---|---|---|---|---|---|
| | | | | | 1 8am QIGONG | 2<br>9am LDRSHP TEAM<br>10am Black Belt Club (kata)<br>11am-4pm BOARD GAME DAY |
| 3 | 4 8am QIGONG<br>5pm BEG Karate 5/6<br>6pm INT Karate 2/3 + bag gloves<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 5 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 2/3 + bag gloves<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 6 8am QIGONG<br>5pm BEG Karate 6/1<br>6pm INT Karate 3/4<br>7pm ALL TAI CHI<br>8pm LONG FORM | 7 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 3/4<br>7pm CARDIO Circuit<br>8pm SEASONAL | 8 8am QIGONG | 9<br>10-11am OPEN MAT |
| 10 | 11 8am QIGONG<br>5pm BEG Karate 1/2<br>6pm INT Karate 4/5<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 12 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 4/5<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 13 8am QIGONG<br>5pm BEG Karate 2/3 + bag gloves<br>6pm INT Karate 5/6<br>7pm ALL TAI CHI<br>8pm LONG FORM | 14 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 5/6<br>7pm CARDIO Circuit<br>8pm SEASONAL | 15 8am QIGONG | 16 |
| 17 | 18 8am QIGONG<br>5pm BEG Karate 3/4<br>6pm INT Karate 6/7 + sparring gear<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 19 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 6/7 + sparring gear<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 20 8am QIGONG<br>5pm BEG Karate 4/5<br>6pm INT Karate 7/8 + sparring gear + kama<br>7pm ALL TAI CHI<br>8pm LONG FORM | 21 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 7/8 + sparring gear + kama<br>7pm CARDIO Circuit<br>8pm SEASONAL | 22 8am QIGONG | 23<br>9am SALON (Zoom) |
| 24<br>31 | 25 8am QIGONG<br>5pm BEG Karate 5/6<br>6pm INT Karate 8/9 + bo<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 26 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 8/9 + bo<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 27 8am QIGONG<br>5pm BEG Karate 6/1<br>6pm INT Karate 9/1<br>7pm ALL TAI CHI<br>8pm LONG FORM | 28 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 9/1<br>7pm CARDIO Circuit<br>8pm SEASONAL | 29 8am QIGONG<br>6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS<br>7pm OPEN PUSH HANDS & SPARRING | 30 |
| | 1. blocks, stances, footwork | 2. strikes<br>3. kicks | 4. balance, rolls/ breakfalls, ground fighting | 5. combos/individual needs | 6. kata<br>7. sparring<br>8. weapons | 9. sliding, rolling, flying, & specialty kicks |

# FEBRUARY 2027

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|---|---|---|---|---|---|---|
| | 1 8am QIGONG<br>5pm BEG Karate 1/2<br>6pm INT Karate 1/2<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 2 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 1/2<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 3 8am QIGONG<br>5pm BEG Karate 2/3<br>+ bag gloves<br>6pm INT Karate 2/3<br>+ bag gloves<br>7pm ALL TAI CHI<br>8pm LONG FORM | 4 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 2/3<br>+ bag gloves<br>7pm CARDIO Circuit<br>8pm SEASONAL | 5 8am QIGONG | 6<br>9am LDRSHP TEAM<br>10am Black Belt Club<br>(kata and bo)<br>11am TESTING |
| 7 | 8 8am QIGONG<br>5pm BEG Karate 3/4<br>6pm INT Karate 3/4<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 9 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 3/4<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 10 8am QIGONG<br>5pm BEG Karate 4/5<br>6pm INT Karate 4/5<br>7pm ALL TAI CHI<br>8pm LONG FORM | 11 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 4/5<br>7pm CARDIO Circuit<br>8pm SEASONAL | 12 8am QIGONG | 13 |
| 14 | 15 8am QIGONG<br>5pm BEG Karate 5/6<br>6pm INT Karate 5/6<br>+ personal weapon<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 16 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 5/6<br>+ personal weapon<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 17 8am QIGONG<br>5pm BEG Karate 6/1<br>6pm INT Karate 6/7<br>+ sparring gear<br>7pm ALL TAI CHI<br>8pm LONG FORM | 18 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 6/7<br>+ sparring gear<br>7pm CARDIO Circuit<br>8pm SEASONAL | 19 8am QIGONG | 20<br>GGM Chen's 94th Birthday |
| 21/28 | 22 8am QIGONG<br>5pm BEG Karate 1/2<br>6pm INT Karate 7/8<br>+ sparring gear<br>+ nunchaku<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 23 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 7/8<br>+ sparring gear<br>+ nunchaku<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 24 8am QIGONG<br>5pm BEG Karate 2/3<br>+ bag gloves<br>6pm INT Karate 8/9<br>+ personal weapon<br>7pm ALL TAI CHI<br>8pm LONG FORM | 25 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 8/9<br>+ personal weapon<br>7pm CARDIO Circuit<br>8pm SEASONAL | 26 8am QIGONG<br>6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS<br>7pm OPEN PUSH HANDS & SPARRING | 27<br>9am SALON (Zoom) |
| | 1. blocks, stances, footwork | 2. strikes<br>3. kicks | 4. balance, rolls/ breakfalls, ground fighting | 5. combos/individual needs | 6. kata<br>7. sparring<br>8. weapons | 9. sliding, rolling, flying, & specialty kicks |

# MARCH 2027

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

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 2027

| | | | | | | |
|---|---|---|---|---|---|---|
| | | | | 1 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 9/1<br>7pm CARDIO Circuit<br>8pm SEASONAL | 2 8am QIGONG | 3<br>9am LDRSHP TEAM<br>10am Black Belt Club<br>+ personal weapon |
| 4 | 5 8am QIGONG<br>5pm BEG Karate 1/2<br>6pm INT Karate 1/2<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 6 8am QIGONG<br>5:15pm Short Series<br>6pm ADV Karate 1/2<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 7 8am QIGONG<br>5pm BEG Karate 2/3<br>+ bag gloves<br>6pm INT Karate 2/3<br>+ bag gloves<br>7pm ALL TAI CHI<br>8pm LONG FORM | 8 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 2/3<br>+ bag gloves<br>7pm CARDIO Circuit<br>8pm SEASONAL | 9 8am QIGONG | 10 |
| 11 | 12 8am QIGONG<br>5pm BEG Karate 3/4<br>6pm INT Karate 3/4<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 13 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 3/4<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 14 8am QIGONG<br>5pm BEG Karate 4/5<br>6pm INT Karate 4/5<br>+ personal weapon<br>7pm ALL TAI CHI<br>8pm LONG FORM | 15 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 4/5<br>+ personal weapon<br>7pm CARDIO Circuit<br>8pm SEASONAL | 16 8am QIGONG | 17 |
| 18 | 19 8am QIGONG<br>5pm BEG Karate 5/6<br>6pm INT Karate 5/6<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 20 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 5/6<br>7pm CARDIO Circuit<br><br>8pm REFINEMENT | 21 8am QIGONG<br>5pm BEG Karate 6/1<br>6pm INT Karate 6/7<br>+ sparring gear<br>7pm ALL TAI CHI<br>8pm LONG FORM | 22 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 6/7<br>+ sparring gear<br>7pm CARDIO Circuit<br>SEASONAL | 23 8am QIGONG | 24<br>9am SALON (Zoom & in studio)<br>10am WORLD TAI CHI & QIGONG DAY |
| 25 | 26 8am QIGONG<br>5pm BEG Karate 1/2<br>6pm INT Karate 7/8<br>+ sparring gear<br>+ dulo dulo<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 27 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 7/8<br>+ sparring gear<br>+ dulo dulo<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 28 8am QIGONG<br>5pm BEG Karate 2/3<br>6pm INT Karate 8/9<br>+ escrima<br>7pm ALL TAI CHI<br>8pm LONG FORM | 29 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 8/9<br>+ escrima<br>7pm CARDIO Circuit<br>8pm SEASONAL | 30 8am QIGONG<br>6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS<br>7pm OPEN PUSH HANDS & SPARRING | EIGHT STAR MARTIAL ARTS<br>RED DRAGON KARATE |
| | 1. blocks, stances, footwork | 2. strikes<br>3. kicks | 4. balance, rolls/ breakfalls, ground fighting | 5. combos/individual needs | 6. kata<br>7. sparring<br>8. weapons | 9. sliding, rolling, flying, & specialty kicks |

# MAY 2026

| | | | | | | |
|---|---|---|---|---|---|---|
| | | | | | | 1<br>**9am LDRSHP TEAM**<br>**10am Black Belt Club**<br>+ bo<br>**11am TESTING** |
| 2 | 3 **8am QIGONG**<br>**5pm BEG Karate** 3/4<br>**6pm INT Karate** 9/1<br>**7pm BEG. TAI CHI**<br>**8pmTAI CHI SWORD** | 4 **8am QIGONG**<br>**5:15 Short Series**<br>**6pm ADV Karate** 9/1<br>**7pm CARDIO Circuit**<br>**8pm REFINEMENT** | 5 **8am QIGONG**<br>**5pm BEG Karate** 4/5<br>**6pm INT Karate** 1/2<br>**7pm ALL TAI CHI**<br>**8pm LONG FORM** | 6 **8am QIGONG**<br>**5:15pm Intro Karate**<br>**6pm ADV Karate** 1/2<br>**7pm Cardio Circuit**<br>**8pm SEASONAL** | 7 **8am QIGONG** | 8 |
| 9 | 10 **8am QIGONG**<br>**5pm BEG Karate** 5/6<br>**6pm INT Karate** 2/3<br>+ bag gloves<br>**7pm BEG. TAI CHI**<br>**8pmTAI CHI SWORD** | 11 **8am QIGONG**<br>**5:15 Short Series**<br>**6pm ADV Karate** 2/3<br>+ bag gloves<br>**7pm Cardio Circuit**<br>**8pm REFINEMENT** | 12 **8am QIGONG**<br>**5pm BEG Karate** 6/1<br>**6pm INT Karate** 3/4<br>**7pm ALL TAI CHI**<br>**8pm LONG FORM** | 13 **8am QIGONG**<br>**5:15pm Intro Karate**<br>**6pm ADV Karate** 3/4<br>**7pm Cardio Circuit**<br>**8pm SEASONAL** | 14 **8am QIGONG** | 15<br>Saratoga Martial Arts Festival (SMAF), Holiday Inn, Saratoga Springs, NY<br>8am-5pm |
| 16<br>Saratoga Martial Arts Festival (SMAF), Holiday Inn, Saratoga Springs, NY<br>8am-1pm | 17 **8am QIGONG**<br>**5pm BEG Karate** 1/2<br>**6pm INT Karate** 4/5<br>**7pm BEG. TAI CHI**<br>**8pmTAI CHI SWORD** | 18 **8am QIGONG**<br>**5:15 Short Series**<br>**6pm ADV Karate** 4/5<br>**7pm Cardio Circuit**<br>**8pm REFINEMENT** | 19 **8am QIGONG**<br>**5pm BEG Karate** 2/3<br>**6pm INT Karate** 5/6<br>+ personal weapon<br>**7pm ALL TAI CHI**<br>**8pm LONG FORM** | 20 **8am QIGONG**<br>**5:15pm Intro Karate**<br>**6pm ADV Karate** 5/6<br>+ personal weapon<br>**7pm Cardio Circuit**<br>**8pm SEASONAL** | 21 **8am QIGONG** | 22<br>**9am SALON (Zoom)** |
| 23<br><br>30 | 24 **8am QIGONG**<br>**5pm BEG Karate** 3/4<br>**6pm INT Karate** 6/7<br>+ sparring gear<br>**7pm BEG. TAI CHI**<br>**8pmTAI CHI SWORD**<br>– – – – – – – – –<br>31 **MEMORIAL DAY**<br>**STUDIO CLOSED**<br>**NO CLASSES** | 25 **8am QIGONG**<br>**5:15 Short Series**<br>**6pm ADV Karate** 6/7<br>+ sparring gear<br>**7pm Cardio Circuit**<br>**8pm REFINEMENT** | 26 **8am QIGONG**<br>**5pm BEG Karate** 4/5<br>**6pm INT Karate** 7/8<br>+ sparring gear<br>+ katana<br>**7pm ALL TAI CHI**<br>**8pm LONG FORM** | 27 **8am QIGONG**<br>**5:15pm Intro Karate**<br>**6pm ADV Karate** 7/8<br>+ sparring gear<br>+ katana<br>**7pm Cardio Circuit**<br>**8pm SEASONAL** | 28 **8am QIGONG**<br>**6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS**<br>**7pm OPEN PUSH HANDS & SPARRING** | 29 |
| | 1. blocks, stances, footwork | 2. strikes<br>3. kicks | 4. balance, rolls/ breakfalls, ground fighting | 5. combos/individual needs | 6. kata<br>7. sparring<br>8. weapons | 9. sliding, rolling, flying, & specialty kicks |

# JUNE 2027

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|---|---|---|---|---|---|---|
| | | 1 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 8/9<br>+ nunchaku<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 2 8am QIGONG<br>5pm BEG Karate 6/1<br>6pm INT Karate 9/1<br>7pm ALL TAI CHI<br>8pm LONG FORM | 3 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 9/1<br>7pm CARDIO Circuit<br>8pm SEASONAL | 4 8am QIGONG | 5<br>9am LDRSHP TEAM<br>10am Black Belt Club<br>+ bag gloves |
| 6 | 7 8am QIGONG<br>5pm BEG Karate 1/2<br>6pm INT Karate 1/2<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 8 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 1/2<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 9 8am QIGONG<br>5pm BEG Karate 2/3<br>+ bag gloves<br>6pm INT Karate 2/3<br>+ bag gloves<br>7pm ALL TAI CHI<br>8pm LONG FORM | 10 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 2/3<br>+ bag gloves<br>7pm CARDIO Circuit<br>8pm SEASONAL | 11 8am QIGONG | 12 |
| 13 | 14 8am QIGONG<br>5pm BEG Karate 3/4<br>6pm INT Karate 3/4<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 15 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 3/4<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 16 8am QIGONG<br>5pm BEG Karate 4/5<br>6pm INT Karate 4/5<br>7pm ALL TAI CHI<br>8pm LONG FORM | 17 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 4/5<br>7pm CARDIO Circuit<br>8pm SEASONAL | 18 8am QIGONG<br>Super Summer Seminars Martial Arts Camp<br>5-7pm KIDS<br>5-8pm ADULTS | 19<br>Super Summer Seminars Martial Arts ADULT Camp<br>9am-5pm |
| 20 | 21 8am QIGONG<br>5pm BEG Karate 5/6<br>6pm INT Karate 5/6<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 22 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 5/6<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 23 8am QIGONG<br>5pm BEG Karate 6/1<br>6pm INT Karate 6/7<br>+ sparring gear<br>7pm ALL TAI CHI<br>8pm LONG FORM | 24 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 6/7<br>+ sparring gear<br>7pm CARDIO Circuit<br>8pm SEASONAL | 25 8am QIGONG<br>6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS<br>7pm OPEN PUSH HANDS & SPARRING | 26<br>9am SALON (Zoom) |
| 27 | 28 8am QIGONG<br>5pm BEG Karate 1/2<br>6pm INT Karate 7/8<br>+ sparring gear<br>+ dulo dulo<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 29 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 7/8<br>+ sparring gear<br>+ dulo dulo<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 30 8am QIGONG<br>5pm BEG Karate 2/3<br>+ bag gloves<br>6pm INT Karate 8/9<br>+ dulo dulo<br>7pm ALL TAI CHI<br>8pm LONG FORM | | | EIGHT STAR MARTIAL ARTS<br>RED DRAGON KARATE |
| | 1. blocks, stances, footwork | 2. strikes<br>3. kicks | 4. balance, rolls/ breakfalls, ground fighting | 5. combos/individual needs | 6. kata<br>7. sparring<br>8. weapons | 9. sliding, rolling, flying, & specialty kicks |

# JULY 2027

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|---|---|---|---|---|---|---|
| | | | | 1 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 8/9<br>+ dulo dulo<br>7pm CARDIO Circuit<br>8pm SEASONAL | 2 8am QIGONG | 3<br>9am LDRSHP TEAM<br>10am Black Belt Club<br>+ sai and tonfa |
| 4<br>STUDIO CLOSED | 5<br>STUDIO CLOSED | 6<br>STUDIO CLOSED | 7<br>STUDIO CLOSED | 8<br>STUDIO CLOSED | 9<br>STUDIO CLOSED | 10<br>STUDIO CLOSED |
| 11 | 12 8am QIGONG<br>5pm BEG Karate 3/4<br>6pm INT Karate 9/1<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 13 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 9/1<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 14 8am QIGONG<br>5pm BEG Karate 4/5<br>6pm INT Karate 1/2<br>7pm ALL TAI CHI<br>8pm LONG FORM | 15 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 1/2<br>7pm CARDIO Circuit<br>8pm SEASONAL | 16 8am QIGONG | 17 |
| 18 | 19 8am QIGONG<br>5pm BEG Karate 5/6<br>6pm INT Karate 2/3<br>+ bag gloves<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 20 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 2/3<br>+ bag gloves<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 21 8am QIGONG<br>5pm BEG Karate 6/1<br>6pm INT Karate 3/4<br>7pm ALL TAI CHI<br>8pm LONG FORM | 22 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 3/4<br>7pm CARDIO Circuit<br>8pm SEASONAL | 23 8am QIGONG | 24<br>9am SALON (Zoom) |
| 25 | 26 8am QIGONG<br>9am-noon/4pm KAMMP<br>5pm BEG Karate 1/2<br>6pm INT Karate 4/5<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 27 8am QIGONG<br>9am-noon/4pm KAMMP<br>5:15 Short Series<br>6pm ADV Karate 4/5<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 28 8am QIGONG<br>9am-noon/4pm KAMMP<br>5pm BEG Karate 2/3<br>6pm INT Karate 5/6<br>7pm ALL TAI CHI<br>8pm LONG FORM | 29 8am QIGONG<br>9am-noon/4pm KAMMP<br>5:15pm Intro Karate<br>6pm ADV Karate 5/6<br>7pm CARDIO Circuit<br>8pm SEASONAL | 30 8am QIGONG<br>9am-noon/4pm KAMMP<br>6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS<br>7pm OPEN PUSH HANDS & SPARRING | 31 |
| | 1. blocks, stances, footwork | 2. strikes<br>3. kicks | 4. balance, rolls/ breakfalls, ground fighting | 5. combos/individual needs | 6. kata<br>7. sparring<br>8. weapons | 9. sliding, rolling, flying, & specialty kicks |

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| 1<br>**AUGUST 2027** | 2 **8am QIGONG**<br>**5pm BEG Karate** 3/4<br>**6pm INT Karate** 6/7<br>+ sparring gear<br>**7pm BEG. TAI CHI**<br>**8pmTAI CHI SWORD** | 3 **8am QIGONG**<br>**5:15 Short Series**<br>**6pm ADV Karate** 6/7<br>+ sparring gear<br>**7pm CARDIO Circuit**<br>**8pm REFINEMENT** | 4 **8am QIGONG**<br>**5pm BEG Karate** 4/5<br>**6pm INT Karate** 7/8<br>+ sparring gear<br>+ personal weapon<br>**7pm ALL TAI CHI**<br>**8pm LONG FORM** | 5 **8am QIGONG**<br>**5:15pm Intro Karate**<br>**6pm ADV Karate** 7/8<br>+ sparring gear<br>+ personal weapon<br>**7pm CARDIO Circuit**<br>**8pm SEASONAL** | 6 **8am QIGONG** | 7<br>**9am LDRSHP TEAM**<br>**10am Black Belt Club**<br>+ kama<br>**11am TESTING** |
| 8 | 9 **8am QIGONG**<br>**5pm BEG Karate** 5/6<br>**6pm INT Karate** 8/9<br>+ bo<br>**7pm BEG. TAI CHI**<br>**8pmTAI CHI SWORD** | 10 **8am QIGONG**<br>**5:15 Short Series**<br>**6pm ADV Karate** 8/9<br>+ bo<br>**7pm CARDIO Circuit**<br>**8pm REFINEMENT** | 11 **8am QIGONG**<br>**5pm BEG Karate** 6/1<br>+ bag gloves<br>**6pm INT Karate** 9/1<br>**7pm ALL TAI CHI**<br>**8pm LONG FORM** | 12 **8am QIGONG**<br>**5:15pm Intro Karate**<br>**6pm ADV Karate** 9/1<br>**7pm CARDIO Circuit**<br>**8pm SEASONAL** | 13 **8am QIGONG** | 14<br>Northeast Open Martial Arts Tournament & Showcase, Albany, NY(?) |
| 15 | 16 **8am QIGONG**<br>**5pm BEG Karate** 1/2<br>**6pm INT Karate** 1/2<br>**7pm BEG. TAI CHI**<br>**8pmTAI CHI SWORD** | 17 **8am QIGONG**<br>**5:15 Short Series**<br>**6pm ADV Karate** 1/2<br>**7pm CARDIO Circuit**<br>**8pm REFINEMENT** | 18 **8am QIGONG**<br>**5pm BEG Karate** 2/3<br>**6pm INT Karate** 2/3<br>**7pm ALL TAI CHI**<br>**8pm LONG FORM** | 19 **8am QIGONG**<br>**5:15pm Intro Karate**<br>**6pm ADV Karate** 2/3<br>**7pm CARDIO Circuit**<br>**8pm SEASONAL** | 20 **8am QIGONG** | 21<br>**9am SALON (Zoom)** |
| 22 | 23 **8am QIGONG**<br>**5pm BEG Karate** 3/4<br>**6pm INT Karate** 3/4<br>+ bag gloves<br>**7pm BEG. TAI CHI**<br>**8pmTAI CHI SWORD** | 24 **8am QIGONG**<br>**5:15 Short Series**<br>**6pm ADV Karate** 3/4<br>+ bag gloves<br>**7pm CARDIO Circuit**<br>**8pm REFINEMENT** | 25 **8am QIGONG**<br>**5pm BEG Karate** 4/5<br>**6pm INT Karate** 4/5<br>**7pm ALL TAI CHI**<br>**8pm LONG FORM** | 26 **8am QIGONG**<br>**5:15pm Intro Karate**<br>**6pm ADV Karate** 4/5<br>**7pm CARDIO Circuit**<br>**8pm SEASONAL** | 27 **8am QIGONG**<br>**6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS**<br>**7pm OPEN PUSH HANDS & SPARRING** | 28 |
| 29 | 30 **8am QIGONG**<br>**5pm BEG Karate** 5/6<br>**6pm INT Karate** 5/6<br>**7pm BEG. TAI CHI**<br>**8pmTAI CHI SWORD** | 31 **8am QIGONG**<br>**5:15 Short Series**<br>**6pm ADV Karate** 5/6<br>**7pm CARDIO Circuit**<br>**8pm REFINEMENT** | | | EIGHT STAR MARTIAL ARTS<br>RED DRAGON KARATE | |
| | 1. blocks, stances, footwork | 2. strikes<br>3. kicks | 4. balance, rolls/ breakfalls, ground fighting | 5. combos/individual needs | 6. kata<br>7. sparring<br>8. weapons | |

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| **SEPTEMBER 2027** |  | | 1 **8am QIGONG**<br>**5pm BEG Karate** 6/1<br>**6pm INT Karate** 6/7<br>+ sparring gear<br>**7pm ALL TAI CHI**<br>**8pm LONG FORM** | 2 **8am QIGONG**<br>**5:15pm Intro Karate**<br>**6pm ADV Karate** 6/7<br>+ sparring gear<br>**7pm CARDIO Circuit**<br>**8pm SEASONAL** | 3 **8am QIGONG** | 4<br>LABOR DAY<br>WEEKEND<br>STUDIO CLOSED |
| 5 | 6<br>LABOR DAY<br>STUDIO CLOSED | 7 **8am QIGONG**<br>**5:15 Short Series**<br>**6pm ADV Karate** 7/8<br>+ sparring gear<br>+personal weapon<br>**7pm CARDIO Circuit**<br>**8pm REFINEMENT** | 8 **8am QIGONG**<br>**5pm BEG Karate** 2/3<br>**6pm INT Karate** 8/9<br>+ bo<br>**7pm ALL TAI CHI**<br>**8pm LONG FORM** | 9 **8am QIGONG**<br>**5:15pm Intro Karate**<br>**6pm ADV Karate** 8/9<br>+ bo<br>**7pm CARDIO Circuit**<br>**8pm SEASONAL** | 10 **8am QIGONG** | 11<br>**9am LDRSHP TEAM**<br>**10am Black Belt Club**<br>+ dulo dulo |
| 12 | 13 **8am QIGONG**<br>**5pm BEG Karate** 3/4<br>**6pm INT Karate** 9/1<br>**7pm BEG. TAI CHI**<br>**8pmTAI CHI SWORD** | 14 **8am QIGONG**<br>**5:15 Short Series**<br>**6pm ADV Karate** 9/1<br>**7pm CARDIO Circuit**<br>**8pm REFINEMENT** | 15 **8am QIGONG**<br>**5pm BEG Karate** 4/5<br>**6pm INT Karate** 1/2<br>**7pm ALL TAI CHI**<br>**8pm LONG FORM** | 16 **8am QIGONG**<br>**5:15pm Intro Karate**<br>**6pm ADV Karate** 1/2<br>**7pm CARDIO Circuit**<br>**8pm SEASONAL** | 17 **8am QIGONG** | 18<br>Golden Eagle Challenge Tournament, Galway, NY (?) |
| 19 | 20 **8am QIGONG**<br>**5pm BEG Karate** 5/6<br>**6pm INT Karate** 2/3<br>+ bag gloves<br>**7pm BEG. TAI CHI**<br>**8pmTAI CHI SWORD** | 21 **8am QIGONG**<br>**5:15 Short Series**<br>**6pm ADV Karate** 2/3<br>+ bag gloves<br>**7pm CARDIO Circuit**<br>**8pm REFINEMENT** | 22 **8am QIGONG**<br>**5pm BEG Karate** 6/1<br>**6pm INT Karate** 3/4<br>**7pm ALL TAI CHI**<br>**8pm LONG FORM** | 23 **8am QIGONG**<br>**5:15pm Intro Karate**<br>**6pm ADV Karate** 3/4<br>**7pm CARDIO Circuit**<br>**8pm SEASONAL** | 24 **8am QIGONG**<br>**6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS**<br>**7pm OPEN PUSH HANDS & SPARRING** | 25<br>**9am SALON (Zoom)** |
| 26 | 27 **8am QIGONG**<br>**5pm BEG Karate** 1/2<br>**6pm INT Karate** 4/5<br>**7pm BEG. TAI CHI**<br>**8pmTAI CHI SWORD** | 28 **8am QIGONG**<br>**5:15 Short Series**<br>**6pm ADV Karate** 4/5<br>**7pm CARDIO Circuit**<br>**8pm REFINEMENT** | 29 **8am QIGONG**<br>**5pm BEG Karate** 2/3<br>+ bag gloves<br>**6pm INT Karate** 5/6<br>**7pm ALL TAI CHI**<br>**8pm LONG FORM** | 30 **8am QIGONG**<br>**5:15pm Intro Karate**<br>**6pm ADV Karate** 5/6<br>**7pm CARDIO Circuit**<br>**8pm SEASONAL** | | |
| 5pm & 6pm Karate class curriculum focus KEY: | 1. blocks, stances, footwork | 2. strikes<br>3. kicks | 4. balance, rolls/ breakfalls, ground fighting | 5. combos/individual needs | 6. kata<br>7. sparring<br>8. weapons | 9. sliding, rolling, flying, & specialty kicks |

# OCTOBER 2026

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|---|---|---|---|---|---|---|
| | | | | | 1 8am QIGONG | 2<br>9am Live Salon<br>10am Black Belt Club<br>+ personal weapon |
| 3 | 4 8am QIGONG<br>5pm BEG Karate 3/4<br>6pm INT Karate 6/7<br>+ sparring gear<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 5 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 6/7<br>+ sparring gear<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 6 8am QIGONG<br>5pm BEG Karate 4/5<br>6pm INT Karate 7/8<br>+ sparring gear<br>+ dulo dulo<br>7pm ALL TAI CHI<br>8pm LONG FORM | 7 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 7/8<br>+ sparring gear<br>+ dulo dulo<br>7pm CARDIO Circuit<br>8pm SEASONAL | 8 8am QIGONG | 9 |
| 10 | 11 8am QIGONG<br>5pm BEG Karate 5/6<br>6pm INT Karate 8/9<br>+ dulo dulo<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 12 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 8/9<br>+ dulo dulo<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 13 8am QIGONG<br>5pm BEG Karate 6/1<br>6pm INT Karate 9/1<br>7pm ALL TAI CHI<br>8pm LONG FORM | 14 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 9/1<br>7pm CARDIO Circuit<br>8pm SEASONAL | 15 8am QIGONG | 16 |
| 17 | 18 8am QIGONG<br>5pm BEG Karate 1/2<br>6pm INT Karate 1/2<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 19 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 1/2<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 20 8am QIGONG<br>5pm BEG Karate 2/3<br>6pm INT Karate 2/3<br>7pm ALL TAI CHI<br>8pm LONG FORM | 21 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 2/3<br>7pm CARDIO Circuit<br>8pm SEASONAL | 22 8am QIGONG | 23<br>9am SALON (Zoom) |
| 24/31 | 25 8am QIGONG<br>5pm BEG Karate 3/4<br>6pm INT Karate 3/4<br>+ bag gloves<br>7pm BEG. TAI CHI<br>8pmTAI CHI SWORD | 26 8am QIGONG<br>5:15 Short Series<br>6pm ADV Karate 3/4<br>+ bag gloves<br>7pm CARDIO Circuit<br>8pm REFINEMENT | 27 8am QIGONG<br>5pm BEG Karate 4/5<br>6pm INT Karate 4/5<br>7pm ALL TAI CHI<br>8pm LONG FORM | 28 8am QIGONG<br>5:15pm Intro Karate<br>6pm ADV Karate 4/5<br>7pm CARDIO Circuit<br>8pm SEASONAL | 29 8am QIGONG<br>6pm TAI CHI PUSH HANDS & MARTIAL APPLICATIONS<br>7pm OPEN PUSH HANDS & SPARRING | 30 |
| 5pm & 6pm Karate class curriculum focus KEY: | 1. blocks, stances, footwork | 2. strikes<br>3. kicks | 4. balance, rolls/ breakfalls, ground fighting | 5. combos/individual needs | 6. kata<br>7. sparring<br>8. weapons | 9. sliding, rolling, flying, & specialty kicks |