

OCTOBER 2025



			1 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 8/9 + bo 7pm Tai Chi Chuan All Level	2 5pm Lvl. 2 Karate 8/9 + bo 6pm Lvl. 4 Karate 8/9 + bo 7pm Circuit Training 8pm Qigong All Level	3	4 9am Leadership Team 10am Black Belt Club +bo
5	6 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 9/1 7pm Tai Chi Chuan Beginner	7 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Sword & Form Refinement	8 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 1/2 7pm Tai Chi Chuan All Level	9 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Qigong All Level	10	11 10-11am OPEN MAT
12	13 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 2/3 + bag gloves 7pm Tai Chi Chuan Beginner	14 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Sword & Form Refinement	15 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 3/4 7pm Tai Chi Chuan All Level	16 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Qigong All Level	17	18
19	20 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 4/5 7pm Tai Chi Chuan Beginner	21 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Sword & Form Refinement	22 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 5/6 7pm Tai Chi Chuan All Level	23 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Qigong All Level	24 6pm Internal Arts Club 7pm Push Hands & Sparring	25 9am Salon (Zoom)
26	27 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 6/7 + sparring gear 7pm Tai Chi Chuan Beginner	28 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Sword & Form Refinement	29 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 7/8 + sparring gear & bo 7pm Tai Chi Chuan All Level	30 5pm Lvl. 2 Karate 7/8 + sparring gear & bo 6pm Lvl. 4 Karate 7/8 + sparring gear & bo 7pm Circuit Training 8pm Qigong All Level	31	
5pm & 6pm Karate class curriculum focus KEY:	1. blocks, stances, footwork	2. strikes 3. kicks	4. balance, rolls/ breakfalls, ground fighting	5. combos/individual needs	6. kata 7. sparring 8. weapons	9. sliding, rolling, flying, & specialty kicks

NOVEMBER 2025



						1 9am Leadership Team 10am Black Belt Club +nunchaku
2	3 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 8/9 + nunchaku 7pm Tai Chi Chuan Beginner	4 5pm Lvl. 2 Karate 8/9 + nunchaku 6pm Lvl. 4 Karate 8/9 + nunchaku 7pm Circuit Training 8pm Sword & Form Refinement	5 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 9/1 7pm Tai Chi Chuan All Level	6 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Qigong All Level	7 Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada	8 Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada
9 Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada	10 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 1/2 7pm Tai Chi Chuan Beginner	11 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Sword & Form Refinement	12 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 2/3 + bag gloves 7pm Tai Chi Chuan All Level	13 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Qigong All Level	14	15 Diamond Valley Classic Tournament, Herkimer, NY
16	17 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 3/4 7pm Tai Chi Chuan Beginner	18 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Sword & Form Refinement	19 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 4/5 7pm Tai Chi Chuan All Level	20 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Qigong All Level	21	22 9am Salon (Zoom)
23	24 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 5/6 7pm Tai Chi Chuan Beginner	25 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Sword & Form Refinement	26 <u>STUDIO</u> <u>CLOSED</u>	27 <u>STUDIO</u> <u>CLOSED</u>	28 6pm Internal Arts Club 7pm Push Hands & Sparring	29 10am TESTING, OPEN HOUSE, & HOLIDAY SALE
5pm & 6pm Karate class curriculum focus KEY:	30 1. blocks, stances, footwork	2. strikes 3. kicks	4. balance, rolls/ breakfalls, ground fighting	5. combos/individual needs	6. kata 7. sparring 8. weapons	9. sliding, rolling, flying, & specialty kicks

DECEMBER 2025

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

JANUARY 2026



				1 5pm Lvl. 2 Karate 7/8 + sparring gear 6pm Lvl. 4 Karate 7/8 + sparring gear 7pm Circuit Training 8pm Qigong All Level	2	3 9am Leadership Team 10am Black Belt Club + notebooks
4	5 5pm Lvl. 1 Karate 2/3 6pm Lvl. 3 Karate 8/9 + personal weapon 7pm Tai Chi Chuan Beginner	6 5pm Lvl. 2 Karate 8/9 + personal weapon 6pm Lvl. 4 Karate 8/9 + personal weapon 7pm Circuit Training 8pm Sword & Form Refinement	7 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 9/1 7pm Tai ChiChuan All Level	8 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Qigong All Level	9	10 10-11am OPEN MAT
11	12 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 1/2 7pm Tai Chi Chuan Beginner	13 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Sword & Form Refinement	14 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 2/3 + bag gloves 7pm Tai ChiChuan All Level	15 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Qigong All Level	16	17
18	19 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 3/4 7pm Tai Chi Chuan Beginner	20 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Sword & Form Refinement	21 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 4/5 7pm Tai ChiChuan All Level	22 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Qigong All Level	23	24 9am Salon (Zoom)
25	26 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 5/6 7pm Tai Chi Chuan Beginner	27 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Sword & Form Refinement	28 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 6/7 + sparring gear 7pm Tai ChiChuan All Level	29 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Qigong All Level	30 6pm Internal Arts Club 7pm Push Hands & Sparring	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 2026



1	2 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 7/8 + sparring gear + personal weapon 7pm Tai Chi Chuan Beginner	3 5pm Lvl. 2 Karate 7/8 + sparring gear + personal weapon 6pm Lvl. 4 Karate 7/8 + sparring gear + personal weapon 7pm Circuit Training 8pm Sword & Form Refinement	4 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 8/9 + personal weapon 7pm Tai ChiChuan All Level	5 5pm Lvl. 2 Karate 8/9 + personal weapon 6pm Lvl. 4 Karate 8/9 + personal weapon 7pm Circuit Training 8pm Qigong All Level	6	7 9am Leadership Team 10am Black Belt Club + dulo dulo 11am TESTING
8	9 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 9/1 7pm Tai Chi Chuan Beginner	10 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Sword & Form Refinement	11 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 1/2 7pm Tai ChiChuan All Level	12 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Qigong All Level	13	14
15	16 3-5pm Tai Chi Mini-K.A.M.P. 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 2/3 + bag gloves 7pm Tai Chi Chuan Beginner	17 3-5pm Origami Workshop 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Sword & Form Refinement	18 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 3/4 7pm Tai ChiChuan All Level	19 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Qigong All Level	20	21
22	23 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 4/5 7pm Tai Chi Chuan Beginner	24 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Sword & Form Refinement	25 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 5/6 7pm Tai ChiChuan All Level	26 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Qigong All Level	27 6pm Internal Arts Club 7pm Push Hands and Sparring	28 9am Salon (Zoom)
	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

1

MARCH 2026

2

5pm Lvl. 1 Karate 6/1
6pm Lvl. 3 Karate 6/7
+ sparring gear
7pm Tai Chi Chuan
Beginner

3

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

4

5pm Lvl. 1 Karate 1/2
6pm Lvl. 3 Karate 7/8
+ sparring gear
+ personal weapon
7pm Tai ChiChuan
All Level

5

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**

6

7

9am Leadership Team
10am Black Belt Club
+ escrima

8

9
5pm Lvl. 1 Karate 2/3
+ bag gloves
6pm Lvl. 3 Karate 8/9
+ bo
7pm Tai Chi Chuan
Beginner

10

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

11

5pm Lvl. 1 Karate 3/4
6pm Lvl. 3 Karate 9/1
7pm Tai ChiChuan
All Level

12

5pm Lvl. 2 Karate 9/1
6pm Lvl. 4 Karate 9/1
7pm Circuit Training
8pm Qigong **All Level**

13

14

10am Open Mat

15

16
5pm Lvl. 1 Karate 4/5
6pm Lvl. 3 Karate 1/2
7pm Tai Chi Chuan
Beginner

17

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

18

5pm Lvl. 1 Karate 5/6
6pm Lvl. 3 Karate 2/3
+ bag gloves
7pm Tai ChiChuan
All Level

19

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

20

21

22

23
5pm Lvl. 1 Karate 6/1
6pm Lvl. 3 Karate 3/4
7pm Tai Chi Chuan
Beginner

24

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

25

5pm Lvl. 1 Karate 1/2
6pm Lvl. 3 Karate 4/5
7pm Tai ChiChuan
All Level

26

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

27

6pm Internal Arts
Club
7pm Push Hands and
Sparring

28

9am Salon (Zoom)

29

30
5pm Lvl. 1 Karate 2/3
6pm Lvl. 3 Karate 5/6
7pm Tai Chi Chuan
Beginner

31

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

APRIL 2026

			1 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 6/7 + sparring gear 7pm Tai ChiChuan All Level	2 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Qigong All Level	3	4 9am Leadership Team 10am Black Belt Club + personal weapon
5	6 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 7/8 + sparring gear + personal weapon 7pm Tai Chi Chuan Beginner	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 Sword & Form Refinement	8 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 8/9 + bo 7pm Tai ChiChuan All Level	9 5pm Lvl. 2 Karate 8/9 + bo 6pm Lvl. 4 Karate 8/9 + bo 7pm Circuit Training 8pm Qigong All Level	10	11
12	13 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 9/1 7pm Tai Chi Chuan Beginner	14 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Sword & Form Refinement	15 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 1/2 7pm Tai ChiChuan All Level	16 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Qigong All Level	17	18
19	20 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 2/3 + bag gloves 7pm Tai Chi Chuan Beginner	21 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Sword & Form Refinement	22 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 3/4 7pm Tai ChiChuan All Level	23 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Qigong All Level	24 6pm Internal Arts Club 7pm Push Hands & Sparring	25 9am Salon (Zoom & in studio) 10am World Tai Chi & Qigong Day
26	27 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 4/5 7pm Tai Chi Chuan Beginner	28 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Sword & Form Refinement	29 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 5/6 + personal weapon 7pm Tai ChiChuan All Level	30 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 + personal weapon 7pm Circuit Training 8pm Qigong All Level		
	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
2026



					1 Rendez-Vous Lévis Martial Arts Training and Competition, Québec, Canada	2 Rendez-Vous Lévis Martial Arts Training and Competition, Québec, Canada
3 Rendez-Vous Lévis Martial Arts Training and Competition, Québec, Canada	4 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 6/7 + sparring gear 7pm 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 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 7/8 + sparring gear + bo 7pm Tai Chi Chuan All Level	7 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	8	9 9am Leadership Team 10am Black Belt Club + bo 11am TESTING
10	11 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 8/9 + dulo dulo 7pm Tai Chi Chuan Beginner	12 5pm Lvl. 2 Karate 8/9 + dulo dulo 6pm Lvl. 4 Karate 8/9 + dulo dulo 7pm Circuit Training 8pm Sword & Form Refinement	13 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 9/1 7pm 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
17	18 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 1/2 7pm Tai Chi Chuan Beginner	19 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Sword & Form Refinement	20 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 2/3 + bag gloves 7pm 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
24	25 MEMORIAL DAY <u>STUDIO CLOSED</u>	26 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Sword & Form Refinement	27 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 4/5 7pm Tai Chi Chuan All Level	28 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Qigong All Level	29 6pm Internal Arts Club 7pm 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 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 5/6 7pm Tai Chi Chuan Beginner	2 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Sword & Form Refinement	3 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 6/7 + sparring gear 7pm Tai ChiChuan All Level	4 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Qigong All Level	5	6 9am Leadership Team 10am Black Belt Club + bag gloves
7	8 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 7/8 + sparring gear + bo 7pm Tai Chi Chuan Beginner	9 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	10 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 8/9 + nunchaku 7pm Tai ChiChuan All Level	11 5pm Lvl. 2 Karate 8/9 + nunchaku 6pm Lvl. 4 Karate 8/9 + nunchaku 7pm Circuit Training 8pm Qigong All Level	12	13 10am OPEN MAT
14	15 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 9/1 7pm Tai Chi Chuan Beginner	16 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Sword & Form Refinement	17 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 1/2 7pm Tai ChiChuan All Level	18 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Qigong All Level	19	20
21	22 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 2/3 + bag gloves 7pm Tai Chi Chuan Beginner	23 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Sword & Form Refinement	24 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 3/4 7pm Tai ChiChuan All Level	25 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Qigong All Level	26 6pm Internal Arts Club 7pm Push Hands & Sparring	27 9am Salon (Zoom)
28	29 <u>STUDIO</u> <u>CLOSED</u>	30 <u>STUDIO</u> <u>CLOSED</u>				
	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 STUDIO CLOSED	2 STUDIO CLOSED	3 STUDIO CLOSED	4 STUDIO CLOSED
5	6 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 4/5 7pm 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 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 5/6 7pm Tai ChiChuan All Level	9 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Qigong All Level	10	11 9am Leadership Team 10am Black Belt Club + sai & tonfa
12	13 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 6/7 + sparring gear 7pm 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 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 7/8 + sparring gear + bo 7pm Tai ChiChuan 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 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 8/9 + dulo dulo 7pm Tai Chi Chuan Beginner	21 5pm Lvl. 2 Karate 8/9 + dulo dulo 6pm Lvl. 4 Karate 8/9 + dulo dulo 7pm Circuit Training 8pm Sword & Form Refinement	22 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 9/1 7pm Tai ChiChuan All Level	23 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Qigong All Level	24	25 9am Salon (Zoom)
26	27 9am-noon/4pm KAMMP 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 1/2 7pm Tai Chi Chuan Beginner	28 9am-noon/4pm KAMMP 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Sword & Form Refinement	29 9am-noon/4pm KAMMP 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 2/3 + bag gloves 7pm Tai ChiChuan All Level	30 9am-noon/4pm KAMMP 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Qigong All Level	31 9am-noon/4pm KAMMP 6pm Internal Arts Club 7pm 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 Leadership Team
10am Black Belt Club
+ kama
11am TESTING

2	3 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 3/4 7pm Tai Chi Chuan Beginner	4 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Sword & Form Refinement	5 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 4/5 7pm Tai ChiChuan All Level	6 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Qigong All Level	7	8 Northeast Open Martial Arts Tournament & Showcase, Albany, NY (?)
9	10 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 5/6 7pm Tai Chi Chuan Beginner	11 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Sword & Form Refinement	12 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 6/7 + sparring gear 7pm Tai ChiChuan All Level	13 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Qigong All Level	14	15
16	17 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 7/8 + sparring gear + dulo dulo 7pm Tai Chi Chuan Beginner	18 5pm Lvl. 2 Karate 7/8 + sparring gear + dulo dulo 6pm Lvl. 4 Karate 7/8 + sparring gear + dulo dulo 7pm Circuit Training 8pm Sword & Form Refinement	19 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 8/9 + personal weapon 7pm Tai ChiChuan All Level	20 5pm Lvl. 2 Karate 8/9 + personal weapon 6pm Lvl. 4 Karate 8/9 + personal weapon 7pm Circuit Training 8pm Qigong All Level	21	22 9am Salon (Zoom)
23	24 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 9/1 7pm Tai Chi Beginner /31 5pm Lvl. 1 Karate 2/3 6pm Lvl. 3 Karate 2/3 /30 7pm Tai Chi Beginner	25 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Sword & Form Refinement	26 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 1/2 7pm Tai ChiChuan All Level	27 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Qigong All Level	28 6pm Internal Arts Club 7pm Push Hands & Sparring	29
	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 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Sword & Form Refinement	2 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 3/4 7pm Tai ChiChuan All Level	3 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Qigong All Level	4 LABOR DAY WEEKEND STUDIO CLOSED	5 LABOR DAY WEEKEND STUDIO CLOSED
6	7 LABOR DAY STUDIO CLOSED	8 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Sword & Form Refinement	9 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 5/6 7pm Tai ChiChuan All Level	10 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Qigong All Level	11	12 9am Leadership Team 10am Black Belt Club + notebooks
13	14 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 6/7 + sparring gear 7pm Tai Chi Chuan Beginner	15 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Sword & Form Refinement	16 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 7/8 + sparring gear + bo 7pm Tai ChiChuan All Level	17 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	18	19 Golden Eagle Challenge Tournament, Galway, NY (?)
20	21 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 8/9 + bo 7pm Tai Chi Chuan Beginner	22 5pm Lvl. 2 Karate 8/9 + bo 6pm Lvl. 4 Karate 8/9 + bo 7pm Circuit Training 8pm Sword & Form Refinement	23 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 9/1 7pm Tai ChiChuan All Level	24 5pm Lvl. 2 Karate 9/1 6pm Lvl. 4 Karate 9/1 7pm Circuit Training 8pm Qigong All Level	25 6pm Internal Arts Club 7pm Push Hands & Sparring	26 9am Salon (Zoom)
27	28 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 1/2 7pm Tai Chi Chuan Beginner	29 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Sword & Form Refinement	30 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 2/3 + bag gloves 7pm Tai ChiChuan 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

OCTOBER 2026



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

1 Capital Conquest Martial Arts Training and Competition, Gatineau, Quebec, Canada	2 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 2/3 + bag gloves 7pm Tai Chi Chuan Beginner	3 5pm Lvl. 2 Karate 2/3 + bag gloves 6pm Lvl. 4 Karate 2/3 + bag gloves 7pm Circuit Training 8pm Sword & Form Refinement	4 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 3/4 7pm Tai ChiChuan All Level	5 5pm Lvl. 2 Karate 3/4 6pm Lvl. 4 Karate 3/4 7pm Circuit Training 8pm Qigong All Level	6	7 9am Leadership Team 10am Black Belt Club + personal weapon
8	9 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 4/5 7pm Tai Chi Chuan Beginner	10 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Sword & Form Refinement	11 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 5/6 7pm Tai ChiChuan All Level	12 5pm Lvl. 2 Karate 5/6 6pm Lvl. 4 Karate 5/6 7pm Circuit Training 8pm Qigong All Level	13	14 Diamond Valley Classic Tournament, Herkimer, NY (?)
15	16 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 6/7 + sparring gear 7pm Tai Chi Chuan Beginner	17 5pm Lvl. 2 Karate 6/7 + sparring gear 6pm Lvl. 4 Karate 6/7 + sparring gear 7pm Circuit Training 8pm Sword & Form Refinement	18 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 7/8 + sparring gear 7pm Tai ChiChuan All Level	19 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	20	21
22	23 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 8/9 + personal weapon 7pm Tai Chi Chuan Beginner	24 5pm Lvl. 2 Karate 8/9 + personal weapon 6pm Lvl. 4 Karate 8/9 + personal weapon 7pm Circuit Training 8pm Sword & Form Refinement	25 <u>STUDIO CLOSED</u>	26 <u>STUDIO CLOSED</u>	27 6pm Internal Arts Club 7pm Push Hands & Sparring	28 9am Salon (Zoom & in studio) 10am TESTING, OPEN HOUSE, & HOLIDAY SALE
29	30 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 1/2 7pm Tai Chi Chuan Beginner		<u>NOVEMBER 2026</u>			
5pm & 6pm Karate class curriculum focus KEY:	1. blocks, stances, footwork	2. strikes 3. kicks	4. balance, rolls/ breakfalls, ground fighting	5. combos/individual needs	6. kata 7. sparring 8. weapons	9. sliding, rolling, flying, & specialty kicks

DECEMBER 2026

		1 5pm Lvl. 2 Karate 1/2 6pm Lvl. 4 Karate 1/2 7pm Circuit Training 8pm Sword & Form Refinement	2 5pm Lvl. 1 Karate 5/6 6pm Lvl. 3 Karate 2/3 + bag gloves 7pm Tai ChiChuan 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 5:30-8pm KID'S NIGHT OUT	5 9am Leadership Team 10am Black Belt Club + dulo dulo 11am-4pm BOARD GAME DAY
6	7 5pm Lvl. 1 Karate 6/1 6pm Lvl. 3 Karate 3/4 7pm 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 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 4/5 7pm Tai ChiChuan All Level	10 5pm Lvl. 2 Karate 4/5 6pm Lvl. 4 Karate 4/5 7pm Circuit Training 8pm Qigong All Level	11	12
13	14 5pm Lvl. 1 Karate 2/3 + bag gloves 6pm Lvl. 3 Karate 5/6 + personal weapon 7pm Tai Chi Chuan Beginner	15 5pm Lvl. 2 Karate 5/6 + personal weapon 6pm Lvl. 4 Karate 5/6 + personal weapon 7pm Circuit Training 8pm Sword & Form Refinement	16 5pm Lvl. 1 Karate 3/4 6pm Lvl. 3 Karate 6/7 + sparring gear 7pm Tai ChiChuan 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 6pm Internal Arts Club 7pm 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 5pm Lvl. 1 Karate 4/5 6pm Lvl. 3 Karate 7/8 + sparring gear + nunchaku 7pm Tai Chi Chuan Beginner	29 5pm Lvl. 2 Karate 7/8 + sparring gear + nunchaku 6pm Lvl. 4 Karate 7/8 + sparring gear + nunchaku 7pm Circuit Training 8pm Sword & Form Refinement	30 5pm Lvl. 1 Karate 1/2 6pm Lvl. 3 Karate 1/2 7pm Tai ChiChuan All Level	31 5pm Lvl. 2 Karate 8/9 + bo 6pm Lvl. 4 Karate 8/9 + bo 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

