

OCTOBER

		1 5pm — 5/6 6pm — 5/6 7:30pm Tai Chi Refinement 7/8	2 5pm — 6/7 +sparring gear 6pm — 6/7 +sparring gear 7:30pm Beginner Tai Chi 6/8	3 5pm — 6/1 6pm — 6/7 +sparring gear 7:30pm Qigong 6/8	4 	5 9am Leadership Team 10am Black Belt Club +bo 11am-noon OPEN MAT
6	7 5pm — 7/8 + sparring gear + dulo dulo 6pm — 7/8 + sparring gear + dulo dulo 7:30pm Intermediate Tai Chi 5/8	8 5pm — 1/2 6pm — 7/8 +sparring gear + dulo dulo 7:30pm Tai Chi Refinement 8/8	9 5pm — 8/9 + bo 6pm — 8/9 + bo 7:30pm Beginner Tai Chi 7/8	10 5pm — 2/3 + bag gloves 6pm — 8/9 + bo 7:30pm Qigong 7/8	11	12
13	14 5pm — 9/1 6pm — 9/1 7:30pm Intermediate Tai Chi 6/8	15 5pm — 3/4 6pm — 9/1 NEW SESSION 7:30pm Tai Chi Refinement 1/8	16 5pm — 1/2 6pm — 1/2 7:30pm Beginner Tai Chi 8/8	17 5pm — 4/5 6pm — 1/2 7:30pm Qigong 8/8	18	19
20	21 5pm — 2/3 + bag gloves 6pm — 2/3 + bag gloves 7:30pm Intermediate Tai Chi 7/8	22 5pm — 5/6 6pm — 2/3 + bag gloves 7:30pm Tai Chi Refinement 2/8	23 5pm — 3/4 6pm — 3/4 NEW SESSION 7:30pm Beginner Tai Chi 1/8	24 5pm — 6/1 6pm — 3/4 NEW SESSION 7:30pm Qigong 1/8	25 6pm Internal Arts Club 7pm Push Hands & Sparring	26 9am Virtual Salon (Zoom)
27	28 5pm — 4/5 6pm — 4/5 7:30pm Intermediate Tai Chi 8/8	29 5pm — 1/2 6pm — 4/5 7:30pm Tai Chi Refinement 3/8	30 5pm — 5/6 6pm — 5/6 7:30pm Beginner Tai Chi 2/8	31 5pm — 2/3 + bag gloves 6pm — 5/6 7:30pm Qigong 2/8		
	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



1
Capital Conquest
Martial Arts Training
and Competition,
Gatineau, Quebec,
Canada

2
Capital Conquest

3
Capital Conquest

4 5pm — 6/7
+sparring gear
6pm — 6/7
+sparring gear

NEW SESSION
7:30pm Intermediate
Tai Chi 1/8

5 5pm — 3/4
6pm — 6/7
+sparring gear

7:30pm Tai Chi
Refinement 4/8

6 5pm — 7/8
+sparring gear
+ personal weapon
6pm — 7/8
+sparring gear
+ personal weapon

7:30pm Beginner Tai
Chi 3/8

7 5pm — 4/5
6pm — 7/8
+sparring gear
+ personal weapon
7:30pm Qigong 3/8

8

9
9am Leadership Team
10am Black Belt Club
+nunchaku
11am TESTING

10

11 5pm — 8/9
+personal weapon
6pm — 8/9
+personal weapon
7:30pm
Intermediate Tai Chi
2/8

12 5pm — 5/6
+ personal weapon
6pm — 8/9
+ personal weapon
7:30pm Tai Chi
Refinement 5/8

13 5pm — 3/4
6pm — 9/1
7:30pm Beginner Tai
Chi 4/8

14 5pm — 6/1
6pm — 9/1
7:30pm Qigong 4/8

15

16
Diamond Valley
Classic Tournament,
Herkimer, NY

17

18 5pm — 1/2
+ bag gloves
6pm — 1/2
+ bag gloves
7:30pm
Intermediate Tai Chi
3/8

19 5pm — 1/2
+ bag gloves
6pm — 1/2
+ bag gloves
7:30pm Tai Chi
Refinement 6/8

20 5pm — 2/3
+ bag gloves
6pm — 2/3
+ bag gloves
7:30pm Beginner Tai
Chi 5/8

21 5pm — 2/3
+ bag gloves
6pm — 2/3
+ bag gloves
7:30pm Qigong 5/8

22

23
9am Virtual Salon
(Zoom)

24

25 5pm — 3/4
6pm — 3/4
7:30pm
Intermediate Tai Chi
4/8

26 5pm — 3/4
6pm — 3/4
7:30pm Tai Chi
Refinement 7/8

27
STUDIO
CLOSED

28
STUDIO
CLOSED

29
6pm Internal Arts
Club
7pm Push Hands &
Sparring

30
10am-noon
OPEN MAT/OPEN
HOUSE

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 5pm — 5/6 6pm — 5/6</p> <p>7:30pm Intermediate Tai Chi 5/8</p>	<p>3 5pm — 5/6 6pm — 5/6</p> <p>7:30pm Tai Chi Refinement 8/8</p>	<p>4 5pm — 6/7 6pm — 6/7</p> <p>7:30pm Beginner Tai Chi 6/8</p>	<p>5 5pm — 6/1 6pm — 6/7 + sparring gear 7:30pm Qigong 6/8</p>	<p>6</p>	<p>7 9am Leadership Team 10am Black Belt Club +personal weapon</p>
<p>8</p>	<p>9 5pm — 7/8 +sparring gear + bo 6pm — 7/8 +sparring gear + bo</p> <p>7:30pm Intermediate Tai Chi 6/8</p>	<p>10 5pm — 1/2 6pm — 7/8 +sparring gear + bo</p> <p>NEW SESSION 7:30pm Tai Chi Refinement 1/8</p>	<p>11 5pm — 8/9 + bo 6pm — 8/9 + bo</p> <p>7:30pm Beginner Tai Chi 7/8</p>	<p>12 5pm — 2/3 6pm — 8/9 + bo</p> <p>7:30pm Qigong 7/8</p>	<p>13</p>	<p>14 10am-4pm BOARD GAME DAY</p>
<p>15</p>	<p>16 5pm — 9/1 6pm — 9/1</p> <p>7:30pm Intermediate Tai Chi 7/8</p>	<p>17 5pm — 3/4 6pm — 9/1</p> <p>7:30pm Tai Chi Refinement 2/8</p>	<p>18 5pm — 1/2 6pm — 1/2</p> <p>7:30pm Beginner Tai Chi 8/8</p>	<p>19 5pm — 4/5 6pm — 1/2</p> <p>7:30pm Qigong 8/8</p>	<p>20 6pm Internal Arts Club 7pm Push Hands & Sparring</p>	<p>21 9am Virtual Salon (Zoom)</p>
<p>22</p>	<p>23 <u>STUDIO CLOSED</u></p>	<p>24 <u>STUDIO CLOSED</u></p>	<p>25 <u>STUDIO CLOSED</u></p>	<p>26 <u>STUDIO CLOSED</u></p>	<p>27 <u>STUDIO CLOSED</u></p>	<p>28</p>
<p>29</p>	<p>30 5pm — 2/3 + bag gloves 6pm — 2/3 + bag gloves</p> <p>7:30pm Intermediate Tai Chi 8/8</p>	<p>31 5pm — 5/6 6pm — 2/3 + bag gloves</p> <p>7:30pm Tai Chi Refinement 3/8</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 that contains a red and black infinity symbol. The entire design is enclosed within a square border with decorative corners. The text "EIGHT STAR MARTIAL ARTS" is written in a semi-circle above the dragon, and "RED DRAGON KARATE" is written in a semi-circle below it.</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>

