

JULY 2025

JUNIOR KARATE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Beginner Karate: Self-Defense Intermediate Karate: Self-Defense Advanced Karate: Self-Defense	1	2 Beginner Karate: Kick-boxing Intermediate Karate: Kick-boxing Advanced Karate: Kick-boxing	3	4 CLOSED HAPPY INDEPENDENCE DAY	5
7 Beginner Karate: Kicking Drills Intermediate Karate: Kicking Drills Advanced Karate: Kicking Drills	8	9 Beginner Karate: Kata/Basics Intermediate Karate: Kata Advanced Karate: Kata	10	11 Blue Angel Camp	12
14 Beginner Karate: Weapon Basics Intermediate Karate: Weapon Practice Advanced Karate: Weapon Drills	15	16 Beginner Karate: Ippon Kumite Basics Intermediate Karate: Ippon Kumite Advanced Karate: Ippon Kumite	17	18 Splash City	19
21	22	23	24	25	26
CLOSED ALL WEEK					
28 Beginner Karate: Basics Intermediate Karate: Basics Advanced Karate: Basics	29	30 Board Breaking! Bring - A - Buddy	31	1 Waterville	2

Jr Beg MW 4:00 TTH 4:10 - Jr Int MW 4:40 TTH 3:30 - Jr Adv MW 5:20 TTH 4:50
Students may begin wearing T-shirts