



# Teen/Adult Karate

## January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 <b>Happy New Year!</b> <i>closed</i>	1 <b>New Year!</b> <i>closed</i>	2 <b>Krav Maga</b> 6:45-7:45 pm	3 <b>Weapons</b> 6:45 -7:45 pm <b>Tai Chi</b> 7:45-8:45pm	4	5
7 <b>Krav Maga</b> 6:45-7:45 pm	8 <b>Self-Defense</b> 6:45-7:45 pm <b>Tai Chi</b> 7:45-8:45pm	9 <b>Krav Maga</b> 6:45-7:45 pm	10 <b>Ippon Kumite</b> 6:45-7:45 pm <b>Tai Chi</b> 7:45-8:45pm	11	12
14 <b>Krav Maga</b> 6:45-7:45 pm	15 <b>Kata</b> 6:45-7:45 pm <b>Tai Chi</b> 7:45-8:45pm	16 <b>Krav Maga</b> 6:45-7:45 pm	17 <b>Combinations</b> 6:45-7:45 pm <b>Tai Chi</b> 7:45-8:45pm	18	19
21 <b>Krav Maga</b> 6:45-7:45 pm	22 <b>Kickboxing</b> 6:45-7:45 pm <b>Tai Chi</b> 7:45-8:45pm	23 <b>Krav Maga</b> 6:45-7:45 pm	24 <b>Sparring</b> 6:45-7:45 pm <b>Tai Chi</b> 7:45-8:45pm	25	26
28 <b>Krav Maga</b> 6:45-7:45 pm	29 <b>Ippon Kumite</b> 6:45-7:45 pm <b>Tai Chi</b> 7:45-8:45pm	30 <b>Krav Maga</b> 6:45-7:45 pm	1 <b>Board Breaking</b> 6:45-7:45 pm <b>Tai Chi</b> 7:45-8:45pm	2 <b>Belt Testing</b>	3 <b>Graduation</b> Parent Student Family Karate