


JULY 2026 JUNIOR KARATE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Beginner Karate: Self-Defense Intermediate Karate: Self-Defense Advanced Karate: Self-Defense *Red, White & Blue Week – wear colors, paint face or wear tattoos	30	1 Beginner Karate: Kickboxing Intermediate Karate: Kickboxing Advanced Karate: Kickboxing	2	3 URBAN AIR	4 250 YRS Independence Day
6 Beginner Karate: Kata Intermediate Karate: Kata Advanced Karate: Kata	7	8 Beginner Karate: Basics Int Karate: Ippon Kumite Adv Karate: Ippon Kumite	9	10 Waterville	11
13 Student Evaluations POWER Full White Uniform	14	15 Board Breaking! Bring - A - Buddy	16 	17 Waterslide Belt Testing Graduation	18
No Camp or Classes This week – Encouraged to attend WinShape Camp					
27 Beginner Karate: Weapons Intermediate Karate: Weapons Advanced Karate: Weapons	28	29 Beginner Karate: Sparring Basics Int Karate: Ippon Sparring Combos Adv Karate: Sparring	30	31 Skyzone	1

Jr Beg MW 4:00 TTH 4:10 - Jr Int MW 4:40 TTH 3:30 – Jr Adv MW 5:20 TTH 4:50

Be a Super Hero with Integrity *Red, white & Blue Week: everything red, white & blue to class with Gi pants.

Tattoos will be supplied the week prior and week of to help celebrate 250 yrs.