



SEPTEMBER 2025

JUNIOR KARATE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Labor Day CLOSED	2 Kick-boxing	3 Beginner Karate: Self-Defense Intermediate Karate: Self-Defense Advanced Karate: Self-Defense	4	5	6
8 Beginner Karate: Basics Intermediate Karate: Basics Advanced Karate: Basics	9	10 Beginner Karate: Kata/Basics Intermediate Karate: Kata/weapons Advanced Karate: Kata/Weapons	11	12	13 
15 Beginner Karate: Kicking Drills Intermediate Karate: Sparring Advanced Karate: Sparring	16	17 Beginner Karate: Ippon Kumite Basics Intermediate Karate: Ippon Kumite Advanced Karate: Ippon Kumite	18	19	20
22 Student Evaluations INTENSITY Full White Uniform	23	24 Board Breaking! Bring - A - Buddy 	25	26 Junior Belt Testing	27 Graduation Parent Student Karate
29 Beginner Karate: Kick-boxing Intermediate Karate: Kick-boxing Advanced Karate: Kick-boxing	30	1 Beginner Karate: Self-Defense Intermediate Karate: Self-Defense Advanced Karate: Self-Defense	2	3	4

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 wear Falbo's T-shirts