



# TEEN/ADULT KARATE

## APRIL 2024



MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>Sparring</b> 6:00-7:00 pm	2 <b>BB Training</b> 6:00-7:00 pm <b>Combinations</b> 7:00-8:00 pm	3	4 <b>BB Training</b> 6:00-7:00 pm <b>Kata</b> 7:00-8:00 pm	5	6
8 <b>Ippon Kumite</b> 6:00-7:00 pm	9 <b>BB Training</b> 6:00-7:00 pm <b>Weapons</b> 7:00-8:00 pm	10	11 <b>BB Training</b> 6:00-7:00 pm <b>Combinations</b> 7:00-8:00 pm	12	13
15 <b>Weapons</b> 6:00-7:00 pm	16 <b>BB Training</b> 6:00-7:00 pm <b>Ippon Kumite</b> 7:00-8:00 pm	17	18 <b>BB Training</b> 6:00-7:00 pm <b>Self-Defense</b> 7:00-8:00 pm	19	20 <b>Men &amp; Women Self-Defense</b>
22 <b>Kata</b> 6:00-7:00 pm	23 <b>BB Training</b> 6:00-7:00 pm <b>Sparring</b> 7:00-8:00 pm	24	25 <b>BB Training</b> 6:00-7:00 pm <b>Board Breaking</b> 7:00-8:00 pm	26	27 <b>Parent Student Karate</b>
29 <b>Self Defense</b> 6:00-7:00 pm	30 <b>BB Training</b> 6:00-7:00 pm <b>Sparring</b> 7:00-8:00 pm	1	2 <b>BB Training</b> 6:00-7:00 pm <b>Kata</b> 7:00-8:00 pm	3	4

BB Training Tuesday & Thursday @ 6pm  
 Teen/Adult Karate Monday @ 6pm and Tuesday & Thursday @ 7pm