



Teen/Adult Karate

January



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Karate 6:00-7:00	4 Kickboxing 6:00-7:00 pm Combinations 7:00-8:00	5	6 Kickboxing 6:00-7:00 pm Ippon Kumite 7:00-8:00	7	8
10 Karate 6:00-7:00	11 Kickboxing 6:00-7:00 pm Kata 7:00-8:00	12	13 Kickboxing 6:00-7:00 pm Sparring 7:00-8:00	14	15
17 Karate 6:00-7:00	18 Kickboxing 6:00-7:00 pm Weapons 7:00-8:00	19	20 Kickboxing 6:00-7:00 pm Self Defense 7:00-8:00	21	22
24 Karate 6:00-7:00	25 Kickboxing 6:00-7:00 pm Kata 7:00-8:00	26	27 Kickboxing 6:00-7:00 pm Board Breaking 7:00-8:00	28	29 Parent Student Karate
31 Karate 6:00-7:00	1 Kickboxing 6:00-7:00 pm Combinations 7:00-8:00	2	3 Kickboxing 6:00-7:00 pm Ippon Kumite 7:00-8:00	4	5

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