



Adult/Teen Karate

July 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Board Breaking 6:45-7:45 pm Black Belt Training 7:45-8:30pm	1	2 Self-defense 6:45-7:45 pm Black Belt Training 7:45-8:30pm	3	4
6	7 Ippon Kumite 6:45-7:45 pm Black Belt Training 7:45-8:30pm	8	9 Weapons/Kata 6:45-7:45 pm Black Belt Training 7:45-8:30pm	10	11
13	14 Combinations 6:45-7:45 pm Black Belt Training 7:45-8:30pm	15	16 Kickboxing 6:45-7:45 pm Black Belt Training 7:45-8:30pm	17	18 Black Belt Testing
20	21 Kata 6:45-7:45 pm Black Belt Training 7:45-8:30 pm	22	23 Board Breaking Self-Defense 6:45-7:45 pm Black Belt Training 7:45-8:30 PM	24	25
27	28 Weapons 6:45-7:45 pm Black Belt Training 7:45-8:30 pm	29	30 Combinations 6:45-7:45 pm Black Belt Training 7:45-8:30pm	31	1