



Teen / Adult Karate

May 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Kata 6:45-7:45 pm Krav Maga 6:45-7:45 pm	30 Kick-boxing 6:45-7:45 pm Tai Chi 7:45-8:45pm	1 Krav Maga 6:45-7:45 pm	2 Weapons 6:45-7:45 pm Tai Chi 7:45-8:45pm	3	4
6 Combinations 6:45-7:45 pm Krav Maga 6:45-7:45 pm	7 Sparring 6:45-7:45 pm Tai Chi 7:45-8:45pm	8 Krav Maga 6:45-7:45 pm	9 Ippon Kumite 6:45-7:45 pm Tai Chi 7:45-8:45pm	10 Tournament Workshop 4 pm	11 Gulf Shores Open Karate Tournament
13 Kickboxing 6:45-7:45 pm Krav Maga 6:45-7:45 pm	14 Kata 6:45-7:45 pm Tai Chi 7:45-8:45pm	15 Krav Maga 6:45-7:45 pm	16 Sparring 6:45-7:45 pm Tai Chi 7:45-8:45pm	17	18 Gulf Coast Martial Arts Championship Crestview
20 Self-Defense 6:45-7:45 pm Krav Maga 6:45-7:45 pm	21 Weapons 6:45-7:45 pm Tai Chi 7:45-8:45pm	22 Krav Maga 6:45-7:45 pm	23 Breaking/Sparring 6:45-7:45 pm Tai Chi 7:45-8:45pm	24	25 Family Beach Fest
27 CLOSED Memorial Day	28 Kick-boxing 6:45-7:45 pm Tai Chi 7:45-8:45pm	29 Krav Maga 6:45-7:45 pm	30 Kata 6:45-7:45 pm Tai Chi 7:45-8:45pm	31	1