



Teen / Adult Karate

October 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Ippon Kumite 6:45-7:45 pm Krav Maga 6:45-7:45 pm	1 Sparring 6:45-7:45 pm Black belt Training 7:45-8:30	2 Krav Maga 6:45-7:45 pm	3 Kick-boxing 6:45-7:45 pm Black belt Training 7:45-8:30 Krav Maga 6:45	4	5
7 Kata 6:45-7:45 pm Krav Maga 6:45-7:45 pm	8 Self-Defense 6:45-7:45 pm Black belt Training 7:45-8:30	9 Krav Maga 6:45-7:45 pm	10 Sparring 6:45-7:45 pm Black belt Training 7:45-8:30 Krav Maga 6:45	11	12
14 Weapons 6:45-7:45 pm Krav Maga 6:45-7:45 pm	15 Kickboxing 6:45-7:45 pm Black belt Training 7:45-8:30	16 Krav Maga 6:45-7:45 pm	17 Kata 6:45-7:45 pm Black belt Training 7:45-8:30 Krav Maga 6:45	18	19
21 Combinations 6:45-7:45 pm Krav Maga 6:45-7:45 pm	22 Weapons 6:45-7:45 pm Black belt Training 7:45-8:30	23 Krav Maga 6:45-7:45 pm	24 Brd/Sparring 6:45-7:45 pm Black belt Training 7:45-8:30 Krav Maga 6:45	25	26 Parent Student Family Karate Fall Fest Demo
28 Ippon Kumite 6:45-7:45 pm Krav Maga 6:45-7:45 pm	29 Combinations 6:45-7:45 pm Black Belt Training 7:45-8:30	30 Krav Maga 6:45-7:45 pm	31 Kick-boxing 6:45-7:45 pm Black belt Training 7:45-8:30 Krav Maga 6:45	1	2

Tuesday & Thursday 7:45-8:30 pm Black Belt Training