

# Junior Karate

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3
5	6 Kata/Weapons	7	8 Sparring	9	10 BB Candidate Training
12	13 Self Defense	14	15 Ippon Kumite	16	17 Black Belt Testing
19	20 Kata/Combinations	21	22 Kick Boxing	23 CAMP LN Testing	24 Bully Proof Self Defense
26 BBE Sheets Due	27 Stripe Testing FOCUS Full White Uniform <u>Required</u>	28 Board Breaking! Bring - A - Buddy	29 Buddy 	30 Belt Testing Graduation	31

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Jr Beg MW 4:30 - Jr Int MW 5:15 TTH 4:00 - Jr Adv MW 5:15 TTH 4:45