


# JULY 2026 JUNIOR KARATE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 <b>Beginner Karate: Self-Defense</b> <b>Intermediate Karate: Self-Defense</b> <b>Advanced Karate: Self-Defense</b> <b>*Red, White &amp; Blue Week – wear colors, paint face or wear tattoos</b>	30	1 <b>Beginner Karate: Kickboxing</b> <b>Intermediate Karate: Kickboxing</b> <b>Advanced Karate: Kickboxing</b>	2	3 <b>URBAN AIR</b>	4 <b>250 YRS Independence Day</b>
6 <b>Beginner Karate: Kata</b> <b>Intermediate Karate: Kata</b> <b>Advanced Karate: Kata</b>	7	8 <b>Beginner Karate: Basics</b> <b>Int Karate: Ippon Kumite</b> <b>Adv Karate: Ippon Kumite</b>	9	10 <b>Waterville</b>	11
13 <b>Beginner Karate: Weapons</b> <b>Intermediate Karate: Weapons</b> <b>Advanced Karate: Weapons</b>	14	15	16 <b>Beginner Karate: Sparring Basics</b> <b>Int Karate: Ippon Sparring Combos</b> <b>Adv Karate: Sparring</b>	17 <b>Waterslide</b>	18
<b>No Camp or Classes This week – Encouraged to attend WinShape Camp</b>					
20	21	22	23	24	25
27 Student Evaluations <b>POWER</b> Full White Uniform	28	29 <b>Board Breaking!</b> <b>Bring - A - Buddy</b> 	30	31 <b>Skyzone</b> <b>Belt Testing</b> <b>Graduation</b>	1

Jr Beg MW 4:00 TTH 4:10 - Jr Int MW 4:40 TTH 3:30 – Jr Adv MW 5:20 TTH 4:50

Be a Super Hero with Integrity \*Red, white & Blue Week: everything red, white & blue to class with Gi pants.

Tattoos will be supplied the week prior and week of to help celebrate 250 yrs.