



**Falbo's
FAMILY
KARATE**

934-7977

www.FalbosFamilyKarate.com

TEEN/ADULT KARATE

SEPTEMBER 2024



MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY	SATURDAY
2 Closed	3 BB Training 6:00-7:00 pm Combinations 7:00-8:00 pm	4	5 BB Training 6:00-7:00 pm Ippon Kumite 7:00-8:00 pm	6	7 Japanese Bonn Festival Karate Demo
9 Weapons 6:00-7:00 pm Kickboxing 7:00-8:00 pm	10 BB Training 6:00-7:00 pm Self Defense 7:00-8:00 pm	11	12 BB Training 6:00-7:00 pm Sparring 7:00-8:00 pm	13	14 Panama City Beach Tournament
16 Kata 6:00-7:00 pm Kickboxing 7:00-8:00 pm	17 BB Training 6:00-7:00 pm Ippon Kumite 7:00-8:00 pm	18	19 BB Training 6:00-7:00 pm Kick Boxing 7:00-8:00 pm	20	21 Women's Self-Protection Workshop
23 Self Defense 6:00-7:00 pm Kickboxing 7:00-8:00 pm	24 BB Training 6:00-7:00 pm Weapons 7:00-8:00 pm	25	26 BB Training 6:00-7:00 pm Board Breaking 7:00-8:00 pm	27	28 Parent Student Family Karate
30 Kata 6:00-7:00 pm Kickboxing 7:00-8:00 pm	1 BB Training 6:00-7:00 pm Combinations 7:00-8:00 pm	2	3 BB Training 6:00-7:00 pm Ippon Kumite 7:00-8:00 pm	4	5

BB Training Tuesday & Thursday @ 6pm

Teen/Adult Karate Monday @ 6pm and Tuesday & Thursday @ 7pm