


July

TEAM K2 KARATE

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 KATA or SELF- DEFENSE	16 BLOCKS LITTLE KICKERS STRIPE TEST ANY COLOR	17 KATA or KICKS	18 KATA or BLOCKS	19	20
21	22 BAG DRILLS & HOOK KICKS	23 BAG DRILLS & HOOK KICKS	24 KATA or SELF- DEFENSE	25 KATA or SELF- DEFENSE	26 MAKE-UP BELT TEST ALL RANKS 7PM	27  STAR WARS DAY Moved to OCT.12th 630PM- 10:30PM
28	29 6PM CREATIVE FORM ALL OTHERS WALL KICKS LOW HIGH ROUND	30 SIDE KICKS ALL	31 SIDE KICKS ALL	BLOCKS		AUGUST 3rd SATURDAY ADVANCED ELITE RED & UP TRAINING 10:30AM STRIPE TESTING ALL OTHERS 11:30