October 2024

Mon	Tue	Wed	Thu		Sat
	TEAM K2 KARATE ON GOOGLE GIVE US A REVIEW IF YOUR HAPPY WITH CLASSES	KICKS AND SPARRING DRILLS	KICKS AND SPARRING DRILLS	4	5
5 SIDE KICKS AND SPINNING OR TURNING KICKS 6PM CLASS KATA	SIDE KICKS AND SPINNING OR TURNING KICKS 730 CLASS KATA	BAG DRILLS RED STRIPE TESTING FOR WHITE & GOLD	BAG DRILLS RED STRIPE TESTING FOR WHITE & GOLD	11	WEAPONS CLASS 10:30AM 1130 STRIPE TESTING NIGHT OF THE NINJA 630PM
BLOCKS OR KATA RED STRIPE TESTING FOR ORANGE TO PURPLE	BLOCKS OR KATA RED STRIPE TESTING FOR ORANGE TO PURPLE	HAND STRIKES & KICKS	HAND STRIKES & KICKS 730PM CLASS REVIEW ALL KATA, BLOCKS & KICKS CLASS WILL END AT 830PM	18	2PM-6PM ADVANCED BELT TESTING & BLACK BELT TEST
JUMP KICKS	22 JUMP KICKS	23 SELF- DEFENSE	24 SELF- DEFENSE	25	20
LOW-HIGH ROUND COMBOS	29 LOW-HIGH ROUND COMBOS	30 BAG DRILLS	CLOSED NO CLASSES		
	SIDE KICKS AND SPINNING OR TURNING KICKS 6PM CLASS KATA BLOCKS OR KATA RED STRIPE TESTING FOR ORANGE TO PURPLE JUMP KICKS 28 LOW-HIGH ROUND	TEAM K2 KARATE ON GOOGLE GIVE US A REVIEW IF YOUR HAPPY WITH CLASSES SIDE KICKS AND SPINNING OR TURNING KICKS 6PM CLASS KATA BLOCKS OR KATA RED STRIPE TESTING FOR ORANGE TO PURPLE PURPLE LOW-HIGH ROUND TEAM K2 KARATE ON GOOGLE 8 SIDE KICKS AND SPINNING OR TURNING KICKS AND SPINNING OR TURNING KICKS AND SPINNING OR TURNING FICH SPINNING OR TURNING FICH SPINNING OR TURNING FICH SPINNING OR TURNING KICKS JUMP KICKS AND SPINNING OR TURNING KICKS JUMP KICKS JUMP KICKS JUMP KICKS LOW-HIGH ROUND	TEAM K2 KARATE ON GOOGLE GIVE US A REVIEW IF YOUR HAPPY WITH CLASSES 7 SIDE KICKS AND SPINNING OR TURNING KICKS 6PM CLASS KATA 8 BLOCKS OR KATA 14 BLOCKS OR KATA 8 BLOCKS OR KATA 15 BLOCKS OR KATA 16 STRIPE TESTING FOR ORANGE TO PURPLE 17 JUMP KICKS 18 LOW-HIGH ROUND 10 KICKS 11 KICKS AND SPARRING PORILLS 8 BAG DRILLS 9 RED STRIPE TESTING FOR WHITE & GOLD 16 STRIKES & KICKS 23 24 25 26 26 27 28 29 29 20 20 20 20 20 21 22 23 23 24 25 26 26 26 27 28 28 29 29 20 20 20 20 20 20 20 20	TEAM K2 KARATE ON GOOGLE GIVE US A REVIEW IF YOUR HAPPY WITH CLASSES SIDE KICKS AND SPINNING OR TURNING KICKS GPM CLASS KATA BLOCKS OR KATA BLOCKS BELF- DEFENSE CLOSED NO CLASSES CLOSED NO CLASSES	TEAM K2 KARATE ON GOOGLE GIVE US A REVIEW IF YOUR HAPPY WITH CLASSES SIDE KICKS AND SPINNING OR TURNING KICKS SPINNING OR TURNING KICKS AND SPINNING OR TURNING FOR WHITE & GOLD TESTING FOR ORANGE TO PURPLE BLOCKS OR KATA BLOCKS OR KATA RED STRIPE TESTING FOR ORANGE TO PURPLE TESTING FOR ORANGE TO PURPLE BLOCKS OR KATA THAND STRIKES & KICKS TSTRIKES *** *** *** ** ** ** ** ** ** ** ** **