

December

TEAM K2 KARATE

281-814-8823

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 WALL KICK WARM-UP STANCES & BLOCKS	3 WALL KICK WARM-UP STANCES & BLOCKS	4 SIDE KICK DRILLS & SPARRING	5 FLOW SPARRING LITTLE KICKER HAND STRIKES	6	7 10:30 Weapons 11:30 Stripe Test White to Blue only
8	9 SELF- DEFENSE & BLOCKS	10 KATA & KICKS	11 FLOW SPARRING DRILLS	12 SIDE KICK DRILLS & SPARRING	13	14 CLOSED
15	16 KATA & KICKS	17 SELF- DEFENSE & BLOCKS	18 BAG DRILLS	19 BAG DRILLS	20	21 10:30 Red/Black & Black Training Creative Kata & forms 11:30AM Stripe Testing
22	23 OPEN NORMAL TIMES 300 KICKS DAY & DODGE BALL	24 CLOSED	25 CLOSED	26 CLOSED	27	28 CLOSED
29	30 OPEN NORMAL TIMES 5:15PM WHITE- ORANGE 1st class BAG DRILLS 6PM CLASS KATA	31 CLOSED	CLOSED JAN 1st	JAN 2ND OPEN NORMAL TIMES Stripe test Green to Purple any color 5:15PM Green to Purple 1st class		CLOSED