

January

TEAM K2 KARATE

281-814-8823

SUN	MON	TUE	WED	THU	FRI	SAT
	OPEN NORMAL TIMES	CLOSED	1 CLOSED	2 KICKS & POINT SPARRING OPEN NORMAL CLASS TIMES	3	4 CLOSED
5	6 SELF- DEFENSE & BLOCKS	7 KICKS Any color stripe testing only for white to blue who need one stripe	8 SPARRING Any color stripe testing only for white to blue who need one stripe	9 SPARRING Tournamnt Team Captains Meeting 8:15PM	10	11 10:30 Weapons Class NO STRIPE TESTING TODAY
12	13 KATA & KICKS	14 KATA & KICKS	15 BLOCKS & SPARRING DRILLS	16 BLOCKS & SPARRING DRILLS	17 ★ Tournamnt Team Meeting 7:15PM- 8:30PM ★	18 BELT TEST ██████████ 11AM WHITE-GOLD 2PM ORANGE- BLUE AND ANY ADULTS
19	20 WALL KICK WARM-UP & KATA	21 WALL KICK WARM-UP & KATA	22 SIDE KICK DRILLS & SPARRING	23 SIDE KICK DRILLS & SPARRING	24	25 CLOSED
26	27 KICKS JUMPING OR SPINNING 6PM CLASS KATA & CREATIVE KATA for red/black	28 KICKS JUMPING OR SPINNING	29 FLOW SPARRING	30 FLOW SPARRING LITTLE KICKER HAND STRIKES	31	FEB 1st. ??? WILL confirm on team meeting 1st TOURNAMENT TEAM TRAINING 11-2PM KATA 11-1PM SPARRING 12- 1PM WEAPONS 12- 1PM