



# May 2023 "Inspiration"



SUN	MON	TUE	WED	THU	FRI	SAT
<b>30</b> <b>Week 1</b>  <b>Sparring/Spar Sets/Footwork!</b>	<b>1</b> Grn & Above Pls have gear on <i>before</i> class begins.  Black Belt Test Prep Class 6:45—7:45	<b>2</b>  <b>Grn &amp; Above</b> Pls have gear on <i>before</i> class begins.	<b>3</b>  <b>Grn &amp; Above</b> Pls have gear on <i>before</i> class begins.	<b>4</b>  <b>Grn &amp; Above</b> Pls have gear on <i>before</i> class begins.	<b>5</b>  <b>Demo Team Practice 6:30</b> (ask how to join!)	<b>6</b> <b>BOOK YOUR KARATE BIRTHDAY PARTY!!</b>  Ask us TODAY!
<b>7</b> <b>Week 2</b>  <b>Self Defense!</b>	<b>8</b> Invite a School Friend to be your Self Defense Partner!  Black Belt Test Prep Class 6:45—7:45	<b>9</b> Invite a School Friend to be your Self Defense Partner!	<b>10</b> Invite a School Friend to be your Self Defense Partner!	<b>11</b> Invite a School Friend to be your Self Defense Partner!	<b>12</b>  <b>Demo Team Practice 6:30</b> (ask how to join!)	<b>13</b> <b>BOOK YOUR KARATE BIRTHDAY PARTY!!</b>  Ask us TODAY!
<b>14</b> <b>Week 3</b>  <b>Test Week: Self Defense Test Theme!</b>	<b>15</b> <b>In class Test Review!</b>  Black Belt Test Prep Class 6:45—7:45	<b>16</b> <b>In class Test Review!</b>	<b>17</b> <b>Testing/ Grad 6-7:15 pm Party Afterwards!</b>	<b>18</b> <b>Testing/ Grad 6-7:15 pm Party Afterwards!</b>	<b>19</b>  <b>Demo Team Practice 6:30</b> (ask how to join!)	<b>20</b> <b>BLACK BELT TEST 8AM</b>  <b>NO CLASSES OR SPECTATORS</b>
<b>21</b> <b>Week 3</b>  <b>Performance/ Kick Boxing!</b>	<b>22</b>  <b>Grn &amp; Above</b> Hand/Foot/Mouthpiece	<b>23</b>  <b>Grn &amp; Above</b> Hand/Foot/Mouthpiece	<b>24</b>  <b>Grn &amp; Above</b> Hand/Foot/Mouthpiece	<b>25</b>  <b>Grn &amp; Above</b> Hand/Foot/Mouthpiece	<b>26</b>  <b>Memorial Day Weekend</b> No Classes	<b>27</b>  <b>Memorial Day Weekend</b> No Classes
<b>28</b> <b>Week 4</b>  <b>Stances/Kata/ Forms</b>	<b>29</b>  <b>Memorial Day</b> No Classes  Pls thank a Veteran	<b>30</b>  <b>Teach a Neighbor your Kata!</b>	<b>31</b>  <b>Teach a Neighbor your Kata!</b>	<b>1</b>  <b>Teach a Neighbor your Kata!</b>	<b>2</b>  <b>Demo Team Practice 6:30</b> (ask how to join!)	<b>3</b> <b>M/U TEST 11:15—NOON</b> (must register w/permission)