

# TWINSBURG KARATE INSTITUTE

JULY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <b>KICKING</b> 10:00-10:45 Little Warriors 10:45-11:45 All Junior +Teens and Adults  12:00 pm DEMO PRACTICE
2	3 4th of July Weekend  NO CLASS  Enjoy the Fireworks	4 4th of July Weekend  NO CLASS  Enjoy the Fireworks	5 <b>SPARRING</b> 5:15-6:00pm All Juniors 6:00-6:45 Little Warriors 6:45-7:30pm Advanced 7:30-8:30pm Teens/Adults	6 <b>GRAPPLING</b> 4:45-5:30 All Juniors 7-12 5:30-6:15 Little Warriors 6:15-7:15 All Juniors 7-12 +PLUS Teens and Adults	7 <b>Competition Class/Demo Practice</b>	8 <b>KATA</b> 10:00-10:45 Little Warriors 10:45-11:45 All Junior +Teens and Adults  12:00 pm DEMO PRACTICE
9	10 <b>ESCAPES</b> 5:15-6:00 All Juniors 6:00-6:45 Little Warriors 6:45-7:30pm Advanced 7:30-8:30pm Teens/Adults	11 <b>SPARRING</b> 4:45-5:30 Little Warriors 5:30-6:15 All Juniors 7-12 6:15-7:15 All Juniors 7-12 +PLUS Teens and Adults	12 <b>IPPON KUMITE</b> 5:15-6:00pm All Juniors 6:00-6:45 Little Warriors 6:45-7:30pm Advanced 7:30-8:30pm Teens/Adults	13 <b>Open Practice</b> 5:00 – 7:15 pm 7:15 pm DEMO PRACTICE		No Class
16	17 <b>GRAPPLING</b> 5:15-6:00 All Juniors 6:00-6:45 Little Warriors 6:45-7:30pm Advanced 7:30-8:30pm Teens/Adults	18 <b>KATA</b> 4:45-5:30 Little Warriors 5:30-6:15 All Juniors 7-12 6:15-7:15 All Juniors 7-12 +PLUS Teens and Adults	19 <b>KICKING</b> 5:15-6:00pm All Juniors 6:00-6:45 Little Warriors 6:45-7:30pm Advanced 7:30-8:30pm Teens/Adults	20 <b>IPPON KUMITE</b> 4:45-5:30 All Juniors 7-12 5:30-6:15 Little Warriors  <b>Women's Self Defense</b> 6:30pm – 8:00 pm	21 <b>Competition Class/Demo Practice</b>	22 <b>KIA Summer Tournament</b>  Bicentennial Demo 3:45 pm
	24 ½ SUMMER DAY CAMP <b>ESCAPES</b> 5:15-6:00 All Juniors 6:00-6:45 Little Warriors 6:45-7:30pm Advanced 7:30-8:30pm Teens/Adults	25 ½ SUMMER DAY CAMP <b>GRAPPLING</b> 4:45-5:30 Little Warriors 5:30-6:15 All Juniors 7-12 6:15-7:15 All Juniors 7-12 +PLUS Teens and Adults	26 ½ SUMMER DAY CAMP <b>KATA</b> 5:15-6:00pm All Juniors 6:00-6:45 Little Warriors 6:45-7:30pm Advanced 7:30-8:30pm Teens/Adults	27 ½ SUMMER DAY CAMP <b>TESTING</b>	28 ½ SUMMER DAY CAMP	29 <b>SPARRING</b> 10:00-10:45 Little Warriors 10:45-11:45 All Junior +Teens and Adults  <b>Movie Night</b>

Little Warriors: white–orange belts ages 4-6      Junior Warriors: white-yellow belts ages 7-11

Adv. Junior Warriors: ALL green-blue belts      Adults: all belts ages 12 & above

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