

# TWINSBURG KARATE INSTITUTE

SEPTEMBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Competition Class 6:00 pm	2 KICKING 10:00-10:45 Little Warriors 10:45-11:45 All Junior +Teens and Adults
3	4 Closed for Labor Day	5 IPPON KUMITE 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 (KATA)	6 SPARRING 5:15-6:00pm All Juniors 6:00-6:45 Little Warriors 6:45-7:30pm Advanced 7:30-8:30pm Teens/Adults	7 KATA 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 (ESCAPES)	8 Competition Class 6:00 pm	9 PT 10:00-10:45 Little Warriors 10:45-11:45 All Junior +Teens and Adults
10 ADVANCE BELT PRACTICE	11 GRAPPLING 5:15-6:00 All Juniors 6:00-6:45 Little Warriors 6:45-7:30pm Advanced 7:30-8:30pm Teens/Adults	12 SPARRING 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 (GRAPPLING)	13 SWAT 5:15-6:00pm All Juniors 6:00-6:45 Little Warriors 6:45-7:30pm Advanced 7:30-8:30pm Teens/Adults	14 Bring a Friend Day 5:00 PM (Little Warriors) 6:00 pm Jrs/Teens/Adults	15	16 KIA POINTS TOURNAMENT (Munson)
17	18 GRAPPLING 5:15-6:00 All Juniors 6:00-6:45 Little Warriors 6:45-7:30pm Advanced 7:30-8:30pm Teens/Adults	19 Open Practice Little Warriors – 4:45 pm Jrs/Teen/Adults – 6:00 pm	20 KATA 5:15-6:00pm All Juniors 6:00-6:45 Little Warriors 6:45-7:30pm Advanced 7:30-8:30pm Teens/Adults	21 PT 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 (SWAT)	22	23 All Dojo Grappling Class 11:00 – 12:30 pm  Movie Night
ADVANCE BELT PRACTICE	25 ESCAPES 5:15-6:00 All Juniors 6:00-6:45 Little Warriors 6:45-7:30pm Advanced 7:30-8:30pm Teens/Adults	26 GRAPPLING 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 (SPARRING)	27 KATA 5:15-6:00pm All Juniors 6:00-6:45 Little Warriors 6:45-7:30pm Advanced 7:30-8:30pm Teens/Adults	28 BELT AND STRIPE TESTING	29	30 WEAPONS KATA 10:00-10:45 Little Warriors 10:45-11:45 All Junior +Teens and Adults

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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