



FEAR KNOT Martial Arts

October 2019



www.fearknot-martialarts.com

(717) 361-9788

info@fearknot-martialarts.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23 <i>Flexibility</i> Teamwork Self Defense	24 RUNNING <i>Flexibility</i>	25 <i>Flexibility</i> Control Basics	26 <u>Sparring</u> <i>Flexibility</i>	27	28
29	30 <i>Concentration</i> Balance PRE-TEST	1 CATCHING <i>Concentration</i>	2 <i>Concentration</i> Memory PRE-TEST	3 <u>PRE-TEST</u> <i>Concentration</i>	4	5
6	7 <i>Perseverance</i> Discipline PRE-TEST	8 KICKING <i>Perseverance</i>	9 <i>Perseverance</i> Fitness PRE-TEST	10 PN/LN/KK TEST	11	12 TKD TEST @ E-TOWN
13 BUDDY → WEEK	14 <i>Courage</i> Coordination Basics	15 PUNCHING <i>Courage</i>	16 <i>Courage</i> Focus <u>Sparring</u>	17 <u>Forms</u> <i>Courage</i>	18	19 BUDDY ← WEEK
20	21 <i>Intensity</i> Teamwork Self Defense	22 BLOCKING <i>Intensity</i>	23 <i>Intensity</i> Control Basics	24 <u>Sparring</u> <i>Intensity</i>	25	26
27 COSTUME → WEEK	28 <i>Speed</i> Balance Forms	29 CRAWLING <i>Speed</i>	30 <i>Speed</i> Memory Self Defense	31 CLOSED TRICK/TREAT	1	2 COSTUME ← WEEK

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Karate Kidz</i> 5:00	NINJA PREP 5:00	<i>Karate Kidz</i> 5:00		
Ninjas 6:00	NINJA PREP 5:45	Ninjas 6:00	<u>TKD 5:50</u>	
<u>TKD 6:50</u>	<i>Karate Kidz</i> 6:30	<u>TKD 6:50</u>	<i>Karate Kidz</i> 6:50	