



# FEAR KNOT Martial Arts

## October 2019



www.fearknot-martialarts.com

(717) 620-8500

info@fearknot-martialarts.com

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

### Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Ninjas 5:15	Ninjas 5:15	NINJA PREP 5:15	No Classes	Ninjas 5:15
Karate Kidz 6:05	Karate Kidz 6:05	Karate Kidz 6:05		Karate Kidz 6:05
<u>TKD 7:05</u>	<u>White - Brown</u> <u>Beginner</u> <u>TKD 7:05</u>	<u>Jr. BB - BB</u> <u>Advanced</u> <u>TKD 7:05</u>		<u>TKD 7:05</u>