FEAR KNOT Martial Arts

December 2019

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www.fearknot-martialarts.com **(717) 361-9788** info@fearknot-martialarts.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25 *Concentration* Balance **Basics**	26 CATCHING *Concentration*	27 *Concentration* Memory **Sparring**	28 HOLIDAY CLOSED	29	30
1	2 *Perseverance* Discipline **Forms**	3 KICKING *Perseverance*	4 *Perseverance* Fitness **Self Defense**	5 **Basics** *Perseverance*	6	7
8	9 *Courage* Coordination **Sparring**	10 PUNCH/BLOCK *Courage*	11 *Courage* Focus **Forms**	12 PN/LN/KK TEST	13	14
15 ****Parents Night/Street Clothes Night	16 *Intensity* Teamwork **Self Defense**	17 CRAWL/HOP *Intensity*	18 *Intensity* Control ***Basics**	19 **Sparring** *Intensity*	20	21
22	23 *Speed* Balance **Forms**	24 HOLIDAY CLOSED	25 HOLIDAY CLOSED	26 **Self Defense** *Speed*	27	28
29	30 *Agility* Memory **PRE-TEST**	31 HOLIDAY CLOSED	1 HOLIDAY CLOSED	2 **PRE-TEST** *Agility*	3	4

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Karate Kidz 5:00	NINJA PREP 5:00	*Karate Kidz 5:00*		No Classes
Ninjas 6:00	NINJA PREP 5:45	Ninjas 6:00	**TKD 5:50**	
TKD 6:50	*Karate Kidz 6:30*	**TKD 6:50**	*Karate Kidz 6:50*	