



FEAR KNOT Martial Arts

September 2020

Mechanicsburg

(717) 620-8500



www.fearknot-martialarts.com

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24 Coordination Agility Basics	25	26 Focus Agility Sparring	27 HOPPING Forms	28	29
30	31 Teamwork Technique Self Defense	1	2 Control Technique Basics	3 ROLLING Sparring	4	5
6	7 HOLIDAY CLOSED	8	9 Balance Flexibility Self Defense	10 RUNNING Basics	11	12
13	14 Memory Concentration Sparring	15	16 Discipline Concentration Forms	17 CATCHING Self Defense	18	19
20	21 PN/LN/KK Test	22	23 Fitness Perseverance Sparring	24 KICKING Forms	25	26
27	28 Coordination Courage PRE-TEST	29	30 Focus Courage PRE-TEST	1 PUNCHING PRE-TEST	2	3

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Little Ninjas 5:15		Little Ninjas 5:15	Pre-Ninjas 5:15	
Karate Kidz 6:05		Karate Kidz 6:05	<u>TKD</u> 6:05	
<u>TKD / BBC</u> 7:05 / 8:05		<u>TKD</u> 7:05	<u>BBC</u> 7:05	