



# FEAR KNOT Martial Arts

## September 2020

### Elizabethtown



www.fearknot-martialarts.com

(717) 361-9788

info@fearknot-martialarts.com

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

### Class Schedule

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