



# FEAR KNOT Martial Arts

## May 2022

### Mechanicsburg

(717) 620-8500



www.fearknot-martialarts.com

Email - info@fearknot-martialarts.com

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

### 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> <u>7:05 / 8:05</u>		<u>TKD</u> <u>7:05</u>	<u>BBC</u> <u>7:05</u>	