




(301) 689-8874
kickmasterskarate.com

OCTOBER 2018

Kickstarting Confident Leaders



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Gi Tops Required UNLESS you are wearing a KMK Breast Cancer Awareness Tee</p> <p>Tuition Due →</p>	1 4:30p Grn/Purp 5:30p Wht/Gld 6:30p Org/Green 7:30p Brn/Jr. Blk 8:00p DEMO 8:30p Teen/Adult	2 3:40p Lit. Drag. 4:30p Lit. Drag. 5:30p Intermediate 6:30p Blue/Red 7:30p BAG CLASS 8:30p Krav Maga	3 7:30a Cardio BBB 4:30p Lit. Drag. 5:30p Wht/Gld 6:30p Red 7:30p Brn/Jr. Blk 8:30p Teen/Adult	4 3:40p Lit. Drag 4:30p Grn/Purp 5:30p Intermediate 6:30p Org/Green 7:30p Sparring 8:30p Krav Maga	5 4:00p Lit. Drag. 4:50p Lit. Drag. 5:30p MAGym (B) 5:40p Lit. Drag. 6:00p MAGym (I/A) 6:30p INTRO	6 8:00a Cardio BBB 9:00a DEMO 10:00a Blue/Red 11:00a Lit. Drag. 12:00p Red 1:00p WEAPONRY
	7 Closed	8 4:30p Grn/Purp 5:30p Wht/Gld 6:30p Org/Green 7:30p Brn/Jr. Blk 8:00p DEMO 8:30p Teen/Adult	9 3:40p Lit. Drag. 4:30p Lit. Drag. 5:30p Intermediate 6:30p Blue/Red 7:30p Self-Defense 8:30p Krav Maga	10 7:30a Cardio BBB 4:30p Lit. Drag. 5:30p Wht/Gld 6:30p Red 7:30p Brn/Jr. Blk 8:30p Teen/Adult	11 3:40p Lit. Drag 4:30p Grn/Purp 5:30p Intermediate 6:30p Org/Green 7:30p Sparring 8:30p Krav Maga	12 4:00p Lit. Drag. 4:50p Lit. Drag. 5:30p MAGym (B) 5:40p Lit. Drag. 6:00p MAGym (I/A) 6:30p INTRO GRADUATION
14 Closed	15 4:30p Grn/Purp 5:30p Wht/Gld 6:30p Org/Green 7:30p Brn/Jr. Blk 8:00p DEMO Sparring Gear Deadline	16 3:40p Lit. Drag. 4:30p Lit. Drag. 5:30p Intermediate 6:30p Blue/Red 7:30p PAD CLASS 8:30p Krav Maga	17 7:30a Cardio BBB 4:30p Lit. Drag. 5:30p Wht/Gld 6:30p Red 7:30p Brn/Jr. Blk 8:30p Teen/Adult	18 3:40p Lit. Drag 4:30p Grn/Purp 5:30p Intermediate 6:30p Org/Green 7:30p Sparring 8:30p Krav Maga	19 4:00p Lit. Drag. 4:50p Lit. Drag. 5:30p MAGym (B) 5:40p Lit. Drag. 6:00p MAGym (I/A)	20 8:00a Cardio BBB 9:00a DEMO 10:00a Blue/Red 11:00a Lit. Drag. 12:00p Red 1:00p WEAPONRY
21 Closed	22 4:30p Grn/Purp 5:30p Wht/Gld/Bl 6:30p Org/Green 7:30p Brn/Jr. Blk 8:00p DEMO 8:30p Teen/Adult	<p>Mr. Rushton</p> <p>Mr. Hughes</p> <p>3:40p Lit. Drag. 4:30p Lit. Drag. 5:30p Intermediate 6:30p Open Mat 7:30p Self-Defense 8:30p Krav Maga</p>	24 7:30a Cardio BBB 4:30p Lit. Drag. 5:30p Wht/Gld/Bl 6:30p Red 7:30p Brn/Jr. Blk 8:30p Teen/Adult	25 3:40p Lit. Drag 4:30p Grn/Purp 5:30p Intermediate 6:30p Org/Green 7:30p Sparring 8:30p Krav Maga	26 4:00p Lit. Drag. 4:50p Lit. Drag. 5:30p MAGym (B) 5:40p Lit. Drag. 6:00p MAGym (I/A)	27 8:00a Cardio BBB 9:00a DEMO 10:00a New Whites 11:00a Lit. Drag. 12:00p Red* 1:00p WEAPONRY
						PRE/STRIPE-TEST
28 Closed	<p>Mr. Peck</p> <p>4:30p Grn/Purp* 5:30p Wht/Gld/Bl* 6:30p Org/Green* 7:30p Brn/Jr. Blk 8:00p DEMO 8:30p Teen/Adult</p> <p>PRE/STRIPE-TEST</p>	30 3:40p Lit. Drag. 4:30p Lit. Drag. 5:30p Intermediate* 6:30p New Whites 7:30p BAG CLASS 8:30p Krav Maga	31 7:30a Cardio BBB 4:30p Lit. Drag. 5:30-7:00p OPEN GYM	<p>*Throughout the month of October, all students and instructors are encouraged to wear Breast Cancer Awareness Pink Belts and Tees to honor breast cancer survivors/victims! All funds raised will go towards the Schwab Family Cancer Center. Full gis are required for everyone in every class beginning the 1st (full gis include gi pants, a karate t-shirt, your gi top, and your belt). Mainstream Exams are scheduled for Nov. 7-8. The final INTRO Class of 2018 will happening on Friday, Nov. 16th at 6:30PM. *Don't forget about our Open Gym happening at the studio on Halloween Night (feel free to dress up and come workout with us).</p> 		

*Find inspirational quotes and meaningful content at www.facebook.com/randospeaksmd/

*Coming in November: Black Friday Funday!