



(301) 689-8874  
kickmasterskarate.com

# SEPTEMBER 2019

## Kickstarting Confident Leaders



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 Closed</p> <p><b>Tuition Due</b> →</p>	<p>2</p> <p><b>Labor Day</b> <b>No Class</b></p>	<p>3 3:40p Lit. Drag. 4:30p Lit. Drag. 5:30p Intermediate 6:30p Green 7:30p Self-Defense <b>8:30p Krav Maga</b></p>	<p>4 7:30a Cardio BBB 4:30p Lit. Drag. 5:30p Wh/Gld/Blu 6:30p Brown 7:30p Brn/Jr. Blk 8:30p Teen/Adult</p>	<p><b>MASER LANCASTER</b></p> <p>3:40p Lit. Drag 4:30p Org/Red/Brn 5:30p Intermediate 6:30p Org/Red/Brn 7:30p Sparring <b>8:30p Krav Maga</b></p>	<p>6 4:00p Lit. Drag. 4:50p Lit. Drag. <b>5:30p MAGym (B)</b> 5:40p Lit. Drag. <b>6:00p MAGym (I/A)</b> <b>6:30p WEAP (INT)</b> <b>7:30p Black Belt CPR Training</b></p>	<p>7 8:00a Cardio BBB <b>9:00a DEMO</b> 10:00a Green 11:00a Lit. Drag. 12:00p Brown 1:00p WEAP (BEG)</p>
<p>8 Closed</p>	<p>9 4:30p Org/Red/Brn 5:30p Wh/Gld/Blu 6:30p Org/Red/Brn 7:30p Brn/Jr. Blk 8:00p DEMO 8:30p Teen/Adult</p> <p><b>8:30p Teen/Adult INTRO</b></p>	<p><b>MASER DEVORE</b></p> <p>3:40p Lit. Drag. 4:30p Lit. Drag. 5:30p Intermediate 6:30p Green 7:30p <b>Pad Class</b> <b>8:30p Krav Maga</b></p>	<p>11 7:30a Cardio BBB 4:30p Lit. Drag. 5:30p Wh/Gld/Blu 6:30p Brown 7:30p Brn/Jr. Blk 8:30p Teen/Adult</p>	<p>12 3:40p Lit. Drag 4:30p Org/Red/Brn 5:30p Intermediate 6:30p Org/Red/Brn 7:30p Sparring <b>8:30p Krav Maga</b></p>	<p>13 4:00p Lit. Drag. 4:50p Lit. Drag. <b>5:30p MAGym (B)</b> 5:40p Lit. Drag. <b>6:00p MAGym (I/A)</b> <b>7:30p WEAP (INT)</b></p>	<p>14 8:00 Cardio BBB</p> <p><b>Grandmaster Bill "Superfoot" Wallace Seminars</b></p> <p><b>11:00a - Lit. Drag.</b> <b>2:00-5:00p - Mainstream</b></p>
<p>15 Closed</p>	<p>16 4:30p Org/Red/Brn 5:30p Wh/Gld/Blu 6:30p Org/Red/Brn 7:30p Brn/Jr. Blk 8:00p DEMO 8:30p Teen/Adult</p> <p><b>8:30p Teen/Adult INTRO</b></p>	<p><b>Ms. Beeman</b></p> <p>3:40p Lit. Drag. 4:30p Lit. Drag. 5:30p Intermediate 6:30p Green 7:30p Self-Defense <b>8:30p Krav Maga</b></p>	<p>18 7:30a Cardio BBB 4:30p Lit. Drag. 5:30p Wh/Gld/Blu 6:30p Brown 7:30p Brn/Jr. Blk <b>8:30p Advanced Black Belt Exam</b></p>	<p>19 3:40p Lit. Drag 4:30p Org/Red/Brn 5:30p Intermediate 6:30p Org/Red/Brn 7:30p Sparring <b>8:30p Krav Maga</b></p>	<p>20 4:00p Lit. Drag. 4:50p Lit. Drag. <b>5:30p MAGym (B)</b> 5:40p Lit. Drag. <b>6:00p MAGym (I/A)</b> <b>7:30p WEAP (INT)</b> <b>6:30p INTRO</b></p>	<p>21 8:00a Cardio BBB <b>9:00a DEMO</b> 10:00a Green 11:00a Lit. Drag. 12:00p Brown 1:00p WEAP (BEG)</p>
<p>22 Closed</p> <p><b>8:30p Teen/Adult INTRO</b></p>	<p>23 4:30p Org/Red/Brn 5:30p Wh/Gld/Blu 6:30p Org/Red/Brn 7:30p Brn/Jr. Blk 8:00p DEMO <b>8:30p T/A EXAM</b></p> <p><b>STRIPETEST</b></p>	<p>24 3:40p Lit. Drag. 4:30p Lit. Drag. 5:30p Intermediate 6:30p Green 7:30p <b>Bag Class</b> <b>8:30p Krav Maga</b></p> <p><b>STRIPETEST</b></p>	<p><b>Ms. Ferguson</b></p> <p>7:30a Cardio BBB 4:30p Lit. Drag. 5:30p Wh/Gld/Blu 6:30p Brown 7:30p Brn/Jr. Blk 8:30p Teen/Adult</p> <p><b>STRIPETEST</b></p>	<p>26 3:40p Lit. Drag 4:30p Org/Red/Brn 5:30p Intermediate 6:30p Org/Red/Brn 7:30p Sparring <b>8:30p Krav Maga</b></p>	<p>27 4:00p Lit. Drag. 4:50p Lit. Drag. <b>5:30p MAGym (B)</b> 5:40p Lit. Drag. <b>6:00p MAGym (I/A)</b> <b>7:30p WEAP (INT)</b> <b>6:30p INTRO</b></p>	<p><b>Mr. Kline</b></p> <p>8:00a Cardio BBB <b>9:00a DEMO</b> 10:00a Green 11:00a Lit. Drag. 12:00p Brown 1:00p WEAP (BEG)</p> <p><b>6:00p LD Night Out</b></p>
<p>29 Closed</p>	<p>30 4:30p Org/Red/Brn 5:30p Wh/Gld/Blu 6:30p Org/Red/Brn 7:30p Brn/Jr. Blk 8:00p DEMO 8:30p Teen/Adult</p> <p><b>8:30p Teen/Adult INTRO</b></p>	<p>*There's a new INTRO Class scheduled for the 20th at 6:30PM for first time students (ages 7-12 are eligible). Also, don't forget about our "Little Dragons Night Out," happening on Saturday the 28th from 6-8:30PM. Parents drop off their Little Dragon (and their guest) at 6:00PM. They'll go shopping with friends, have a quiet dinner date, take a nap, or go grocery shopping. Little Dragons will have 2.5 hours of karate fun trying out new karate games, age specific drills, creative snacks, and competitive group activities. It will be a blast! Also, mark your calendars for the week of October 14-19 as we are hosting <b>Buddy Pass Week</b> where you can bring 1 friend to the first class of the week - more details to follow. Finally, we'll be hosting a <b>TEEN/Adult INTRO Class</b> on Monday, September 9th at 8:30PM. All teens and adults interested in beginning martial arts should attend this 4-week session to jump-start their training!</p>				

\*\*\*All Saturday 11:00a LD Students (on the 14th) may attend another LD Class that week.

\*Get announcements, motivating quotes, and funny stories from the studio via Twitter: @kickmasters1.