



(301) 689-8874
kickmasterskarate.com

JULY 2022

Kickstarting Confident Leaders



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>* Pre-Stripe Testing will happen on August 1st-3rd (your first class of the week). Mainstream Testing will happen on August 10-11 (sign-up at the INFO center if you plan on testing). Don't forget about KMK University (for ages 10-19) happening on July 21st-22nd. Finally, Stripe Testing for our new White and Gold Belt Groups will happen the week of July 11th during regular class times (you'll need to know your katas and fighting techniques at your level only). Don't forget.</p> <p>* NOTE: For the month of July, we are changing the Striking Class to a Self-defense Class!</p>					<p>1 10:00a YOGA 4:00p Lit. Drag. 4:50p Lit. Drag. 5:40p Lit. Drag. 6:30p INTRO</p>	<p>2 8:00a Cardio BBB 9:00a DEMO 10:00a Org/Gr/Pur 11:00a Lit. Drag. 12:00p Intern I 1:00p BEG WEAP 1:30p IN/AD WEAP</p>
<p>3 Closed</p> <p>"BEST OF" SUMMER CAMP Ages 3.5-7 (8:30AM-12:00PM) - SESSION 2</p>	<p>4 <i>Happy 4th of July</i></p>	<p>5 3:40p Lit. Drag. 4:30p Lit. Drag. 5:30p Beg/Adv II 6:30p Org/Gr/Pur 7:30p SELF-DEFENSE 8:30p Krav Maga</p>	<p>6 7:00a Cardio BBB 4:30p Lit. Drag. 5:30p Beginner II 6:30p Intern I 7:30p Brn/Jr. Blk 8:30p Teen/Adult</p>	<p>Mrs. Carl</p> <p>3:40p Lit. Drag 4:30p Beg/Adv I 5:30p Beg/Adv II 6:30p Beg/Int/Adv. I 7:30p SPARRING 8:30p Krav Maga</p>	<p>8 10:00a YOGA 4:00p Lit. Drag. 4:50p Lit. Drag. 5:40p Lit. Drag. 6:30p INTRO</p>	<p>9 8:00a Cardio BBB 9:00a DEMO 10:00a Org/Gr/Pur 11:00a Lit. Drag. 12:00p Intern I 1:00p BEG WEAP 1:30p IN/AD WEAP</p>
<p>10 Closed</p>	<p>11 3:40p Lil' Chip. 4:30p Beg/Adv I 5:30p Beginner II 6:30p Beg/Int/Adv. I 7:30p Brn/Jr. Blk 8:30p Teen/Adult</p>	<p>MS. LEASE</p> <p>3:40p Lit. Drag. 4:30p Lit. Drag. 5:30p Beg/Adv II 6:30p Org/Gr/Pur 7:30p SELF-DEFENSE 8:30p Krav Maga</p>	<p>13 7:00a Cardio BBB 4:30p Lit. Drag. 5:30p Beginner II 6:30p Intern I 7:30p Brn/Jr. Blk 8:30p Teen/Adult</p>	<p>14 3:40p Lit. Drag 4:30p Beg/Adv I 5:30p Beg/Adv II 6:30p Beg/Int/Adv. I 7:30p SPARRING 8:30p Krav Maga</p>	<p>15 10:00a YOGA 4:00p Lit. Drag. 4:50p Lit. Drag. 5:40p Lit. Drag. 6:30p INTRO GRADUATION</p>	<p>16 8:00a Cardio BBB 9:00a DEMO 10:00a Org/Gr/Pur 11:00a Lit. Drag. 12:00p Intern I 1:00p BEG WEAP 1:30p IN/AD WEAP</p>
<p>17 Closed</p>	<p>18 3:40p Lil' Chip. 4:30p Beg/Adv I 5:30p Beginner II 6:30p Beg/Int/Adv I 7:30p Brn/Jr. Blk 8:30p Teen/Adult</p>	<p>MR. RANDO</p> <p>3:40p Lit. Drag. 4:30p Lit. Drag. 5:30p Beg/Adv II 6:30p Org/Gr/Pur 7:30p SELF-DEFENSE 8:30p Krav Maga</p>	<p>20 7:00a Cardio BBB 4:30p Lit. Drag. 5:30p Beginner II 6:30p Intern I 7:30p Brn/Jr. Blk 8:30p Teen/Adult</p>	<p>21 3:40p Lit. Drag 4:30p Beg/Adv I 5:30p Beg/Adv II 6:30p Beg/Int/Adv. I 7:30p SPARRING 8:30p Krav Maga</p>	<p>22 10:00a YOGA 4:00p Lit. Drag. 4:50p Lit. Drag. 5:40p Lit. Drag.</p>	<p>23 8:00a Cardio BBB 9:00a DEMO 10:00a Org/Gr/Pur 11:00a Lit. Drag. 12:00p Intern I 1:00p BEG WEAP 1:30p IN/AD WEAP</p>
<p>24 Closed</p>	<p>MS. MATTOCKS MAST. RANDO</p> <p>3:40p Lil' Chip. 4:30p Beg/Adv I 5:30p Beginner II 6:30p Beg/Int/Adv. I 7:30p Brn/Jr. Blk 8:30p Teen/Adult</p>	<p>MR. WOOD</p> <p>3:40p Lit. Drag. 4:30p Lit. Drag. 5:30p Beg/Adv II 6:30p Org/Gr/Pur 7:30p SELF-DEFENSE 8:30p Krav Maga</p>	<p>27 7:00a Cardio BBB 4:30p Lit. Drag. 5:30p Beginner II 6:30p Intern I 7:30p Brn/Jr. Blk 8:30p Teen/Adult</p>	<p>28 3:40p Lit. Drag 4:30p Beg/Adv I 5:30p Beg/Adv II 6:30p Beg/Int/Adv. I 7:30p SPARRING 8:30p Krav Maga</p>	<p>29 10:00a YOGA 4:00p Lit. Drag. 4:50p Lit. Drag. 5:40p Lit. Drag.</p>	<p>30 8:00a Cardio BBB 9:00a DEMO 10:00a Org/Gr/Pur 11:00a Lit. Drag. 12:00p Intern I 1:00p BEG WEAP 1:30p IN/AD WEAP</p>
<p>SENSEL JENKINS</p>	<p>31</p>			<p>KICK MASTERS UNIVERSITY (10a-3:00p)</p>		

Check out Master Rando's YouTube Channel for weekly inspiration and motivation via [RandoSpeaks.com](#).