



(301) 689-8874  
kickmasterskarate.com

# AUGUST 2022

## Kickstarting Confident Leaders



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Don't forget about our <b>"Protecting Those You Love Seminar"</b> on the 13th from 3-5PM.</p> <p><b>Tuition Due</b> →</p>	<p><b>1</b> 3:40p Lil' Chip. 4:30p Beg/Adv I 5:30p Beginner II 6:30p Beg/Int/Ad I 7:30p Brn/Jr. Blk 8:30p Teen/Adult</p>	<p><b>Mr. McDonagh</b> 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><b>3</b> 7:00a Cardio BBB 4:30p Lit. Drag. 5:30p Beginner II 6:30p Interm I 7:30p Brn/Jr. Blk 8:30p Teen/Adult</p>	<p><b>4</b> 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><b>5</b> 10:00a YOGA 4:00p Lit. Drag. 4:50p Lit. Drag. 5:40p Lit. Drag.</p>	<p><b>Ms. Davis</b> 8:00a Cardio BBB 9:00a DEMO 10:00a Org/Gr/Pur 11:00a Lit. Drag. 12:00p Interm I 1:00p BEG WEAP 1:30p IN/AD WEAP</p>
<p><b>7</b> Closed</p> <p><b>"BEST OF" SUMMER CAMP</b> Ages 7-12 (8:30AM-3:00PM) - SESSION 2</p>	<p><b>Mr. E. Mowbray</b> 3:40p Lil' Chip. 4:30p Beg/Adv I 5:30p Beginner II 6:30p Beg/Int/Ad I 7:30p Brn/Jr. Blk 8:30p Teen/Adult</p>	<p><b>9</b> 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><b>10</b> 7:00a Cardio BBB 4:30p Lit. Drag. 5:30p White 6:30p Gold 7:40 Blue/ Red/Brown</p> <p>Mainstream Exams</p>	<p><b>11</b> 3:40p Lit. Drag 4:30 Orange 6:00 Green/Purple 7:30 Adult Staff Meeting 8:30p Krav Maga</p> <p>Mainstream Exams</p>	<p><b>12</b> 10:00a YOGA 4:00p Lit. Drag. 4:50p Lit. Drag. 5:40p Lit. Drag.</p>	<p><b>13</b> 8:00a Cardio BBB 9:00a DEMO 10:00a Gr/Pur/Blue 11:00a Lit. Drag. 12:00p Interm I 1:00p BEG WEAP 1:30p IN/AD WEAP 3-5p PTYL Seminar</p>
<p><b>14</b> Closed</p>	<p><b>15</b> 3:40p Lil' Chip. 4:30p Beg/Adv I 5:30p Beginner II 6:30p Beg/Int/Ad I 7:30p Brn/Jr. Blk 8:30p Teen/Adult</p>	<p><b>16</b> 3:40p Lit. Drag. 4:30p Lit. Drag. 5:30p Beg/Adv II 6:30p Gr/Pur/Blue 7:30p SELF-DEFENSE 8:30p Krav Maga</p>	<p><b>17</b> 7:00a Cardio BBB 4:30p Lit. Drag. 5:30p Beginner II 6:30p Interm I 7:30p Brn/Jr. Blk 8:30p Teen/Adult</p>	<p><b>Mr. C. McCabe</b> 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>12:00-3:00PM SUMMER BOOTCAMP</p>	<p><b>Mr. T. McCabe</b> 10:00a YOGA 4:00p Lit. Drag. 4:50p Lit. Drag. 5:40p Lit. Drag.</p>	<p><b>20</b> 8:00a Cardio BBB 9:00a DEMO 10:00a Gr/Pur/Blue 11:00a Lit. Drag. 12:00p Interm I 1:00p BEG WEAP 1:30p IN/AD WEAP</p>
<p><b>21</b> Closed</p>	<p><b>22</b> 3:40p Lil' Chip. 4:30p Beg/Adv I 5:30p Beginner II 6:30p Beg/Int/Ad I 8:00p 3rd Dan Demo (DeVore)</p>	<p><b>23</b> 3:40p Lit. Drag. 4:30p Lit. Drag. 5:30p Beg/Adv II 6:30p Gr/Pur/Blue 7:30p SELF-DEFENSE 8:30p Krav Maga</p>	<p><b>24</b> 7:00a Cardio BBB 4:30p Lit. Drag. 5:30p Beginner II 6:30p Interm I 7:30p Brn/Jr. Blk 8:30p Teen/Adult</p>	<p><b>25</b> 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><b>Ms. DeVore</b> 10:00a YOGA 4:00p Lit. Drag. 4:50p Lit. Drag. 5:40p Lit. Drag.</p>	<p><b>27</b> 8:00a Cardio BBB 9:00a DEMO 10:00a Gr/Pur/Blue 11:00a Lit. Drag. 12:00p Interm I 1:00p BEG WEAP 1:30p IN/AD WEAP</p>
<p><b>28</b> Closed</p>	<p><b>29</b> 3:40p Lil' Chip. 4:30p Beg/Adv I 5:30p Beginner II 6:30p Beg/Int/Ad I 7:30p Brn/Jr. Blk 8:30p Teen/Adult</p>	<p><b>30</b> 3:40p Lit. Drag. 4:30p Lit. Drag. 5:30p Beg/Adv II 6:30p Gr/Pur/Blue 7:30p SELF-DEFENSE 8:30p Krav Maga</p>	<p><b>31</b> 7:00a Cardio BBB 4:30p Lit. Drag. 5:30p Beginner II 6:30p Interm I 7:30p Brn/Jr. Blk 8:30p Teen/Adult</p>	<p>Visit <a href="https://patreon.com/kickmasterskarate">patreon.com/kickmasterskarate</a> to enjoy weekly bonus content from KMK:</p> <p><b>KMK Plus (\$20.00 per month):</b></p> <ul style="list-style-type: none"> <li>* 1 Weekly Master Class w/ Master Rando</li> <li>* Monthly Training Charts and Workouts</li> <li>* Bi-Monthly Cardio/Conditioning Class</li> <li>* 1 Weekly Short Bonus Class with a Rotating Guest Instructor</li> <li>* Re-released Catalog of Previously Shot Material</li> </ul> <p><b>LD Plus (\$10.00 per month):</b></p> <ul style="list-style-type: none"> <li>* Weekly KMK Coloring Page(s)</li> <li>* 1 Weekly Bedtime Story w/ Master Rando!</li> </ul>		

\*Remember, class days and times do not change after testing!

Check out Master Rando's Podcast called, "THE VICTORY COUCH" everywhere podcasts are consumed.