




(301) 689-8874
kickmasterskarate.com

NOVEMBER 2022

Kickstarting Confident Leaders



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Coming in December: Stranger Safety Seminar</i></p> <p>AND</p> <p><i>Parent's Night Out</i></p> <p>Tuition Due →</p>		<p>Ms. V. Rine Mr. Simmons</p> <p>3:40p Lit. Drag. 4:30p Lit. Drag. 5:30p Beg/Adv II 6:30p Gr/Pur/Blue 7:30p SELF-DEFENSE/STRIK. 8:30p Krav Maga</p>	<p>Ms. O'Brien Mr. Ray</p> <p>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>3</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>4</p> <p>10:00a YOGA 4:00p Lit. Drag. 4:50p Lit. Drag. 5:40p Lit. Drag.</p>	<p>5</p> <p>8:00a Cardio BBB 9:00a DEMO 10:00a Gr/Pur/Blue 11:00a Lit. Drag. 12:00p Intern I 1:00p BEG WEAP 1:30p IN/AD WEAP</p>
PRE/STRIPE-TEST						
<p>6 Closed</p>	<p>7</p> <p>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>8</p> <p>3:40p Lit. Drag. 4:30p Lit. Drag. 5:30p Beg/Adv II 6:30p Gr/Pur/Blue 7:30p SELF-DEFENSE/STRIK. 8:30p Krav Maga</p>	<p>9</p> <p>7:00a Cardio BBB 4:30p Lit. Drag. 5:30p Wht/Gld Belt 6:45 Blue/ Red Brown Belt</p> <p>Mainstream Exams</p>	<p>10</p> <p>3:40p Lit. Drag. 4:30 Purple Belt 5:45 Orange Belt 7:00 Green Belt 8:30 Adult Staff 8:30p Krav Maga</p> <p>Mainstream Exams</p>	<p>11</p> <p>10:00a YOGA 4:00p Lit. Drag. 4:50p Lit. Drag. 5:40p Lit. Drag.</p>	<p>12</p> <p>8:00a Cardio BBB 9:00a DEMO 10:00a Pur/Blue/Red 11:00a Lit. Drag. 12:00p Intern I 1:00p BEG WEAP 1:30p IN/AD WEAP</p>
<p>13 Closed</p>	<p>14</p> <p>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>15</p> <p>3:40p Lit. Drag. 4:30p Lit. Drag. 5:30p Beg/Adv II 6:30p Pur/Blue/Red 7:30p SELF-DEFENSE/STRIK. 8:30p Krav Maga</p>	<p>16</p> <p>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>17</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>18</p> <p>10:00a YOGA 4:00p Lit. Drag. 4:50p Lit. Drag. 5:40p Lit. Drag. 6:30p NEW INTRO CLASS</p>	<p>19</p> <p>8:00a Cardio BBB 9:00a DEMO 10:00a Pur/Blue/Red 11:00a Lit. Drag. 12:00p Intern I 1:00p BEG WEAP 1:30p IN/AD WEAP</p>
<p>20 Closed</p>	<p>21</p> <p>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>Ms. LaBuda</p> <p>3:40p Lit. Drag. 4:30p Lit. Drag. 5:30p Beg/Adv II 6:30p Pur/Blue/Red 7:30p SELF-DEFENSE/STRIK. 8:30p Krav Maga</p>	<p>23</p> <p>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>Ms. Witherite</p> <p></p> <p>Happy Thanksgiving</p>	<p>25</p> <p>10:00a NO YOGA 4:00p Lit. Drag. 4:50p Lit. Drag. 5:40p Lit. Drag. 6:30p INTRO</p> <p>8AM - NOON - "Black Friday Funday"</p>	<p>26</p> <p>8:00a Cardio BBB 9:00a DEMO 10:00a Pur/Blue/Red 11:00a Lit. Drag. 12:00p Intern I 1:00p BEG WEAP 1:30p IN/AD WEAP</p>
<p>27 Closed</p>	<p>28</p> <p>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>29</p> <p>3:40p Lit. Drag. 4:30p Lit. Drag. 5:30p Beg/Adv II 6:30p Pur/Blue/Red 7:30p SELF-DEFENSE/STRIK. 8:30p Krav Maga</p>	<p>30</p> <p>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>*The sign-up sheet for Black Friday Funday: The Star Wars Edition is at the INFO Center and is available to anyone between the ages of 6-13 (see our BFF flyer). We are hosting the last INTRO Class of the year on Friday, November 18th at 6:30PM (ages 7-12). Finally, stripe testing is scheduled for December 19-21 (1st stripe = katas and techniques at your level, 2nd stripe = verbal and physical self-defense, 3rd stripe = everything on your rank sheet). The holidays are coming fast, be sure you're ready!</p>		

*Smile! Be looking for your picture on the official KMK Instagram site!