



(301) 689-8874
kickmasterskarate.com

JANUARY 2023

Kickstarting Confident Leaders



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|---|---|--|---|
| <p>1</p> | <p>2</p> <p>6:00p Staff Dinner</p> <p>Tuition Due →</p> | <p>3</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>4</p> <p>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>Ms. Friend</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>Mr. G. Watson</p> <p>10:00a YOGA 4:00p Lit. Drag. 4:50p Lit. Drag. 5:40p Lit. Drag.</p> | <p>7</p> <p>8:00a Cardio BBB 9:00a Open for Demo 10:00a Pur/Blue/Red 11:00a Lit. Drag. 12:00p Interm I 1:00p BEG WEAP 1:30p IN/AD WEAP 7:00p BB EXAM</p> |
| <p>8</p> <p>Closed</p> <p>→ BRING SPARRING GEAR TO CLASS</p> | <p>9</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>10</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>11</p> <p>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>12</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>13</p> <p>10:00a YOGA 4:00p Lit. Drag. 4:50p Lit. Drag. 5:40p Lit. Drag.</p> | <p>14</p> <p>8:00a Cardio BBB 9:00a DEMO Tryouts 10:00a Pur/Blue/Red 11:00a Lit. Drag. 12:00p Interm I 1:00p BEG WEAP 1:30p IN/AD WEAP</p> |
| <p>15</p> <p>Closed</p> | <p>Mr. Rase</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>17</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>18</p> <p>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>19</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>20</p> <p>10:00a YOGA 4:00p Lit. Drag. 4:50p Lit. Drag. 5:40p Lit. Drag.</p> | <p>21</p> <p>8:00a Cardio BBB 9:00a DEMO 10:00a Pur/Blue/Red 11:00a Lit. Drag. 12:00p Interm I 1:00p BEG WEAP 1:30p IN/AD WEAP</p> |
| <p>22</p> <p>Closed</p> <p>→ BRING SPARRING GEAR TO CLASS</p> | <p>Sensei Dolchan</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>Miss Paula Mrs. Rando</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>25</p> <p>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>26</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>27</p> <p>10:00a YOGA 4:00p Lit. Drag. 4:50p Lit. Drag. 5:40p Lit. Drag.</p> | <p>28</p> <p>8:00a Cardio BBB 9:00a DEMO 10:00a Pur/Blue/Red 11:00a Lit. Drag. 12:00p Interm I 1:00p BEG WEAP 1:30p IN/AD WEAP</p> |
| <p>29</p> <p>Closed</p> | <p>30</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>Mr. T. Watson</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>Happy 2023 KMK Family! Hopefully, the New Year brings peace and prosperity to your purpose, and to your wellbeing as a whole. Continue training and working towards your goals. AND, as Master Rando always says, "Never Give Up. Stay the Course!"</p> | | | |

*If you love our program, don't forget to review us on Yelp, Facebook, and Google!