

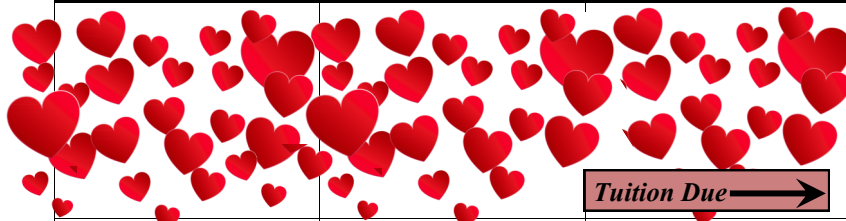


(301) 689-8874
kickmasterskarate.com

FEBRUARY 2023

Kickstarting Confident Leaders



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 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	Mr. Harper 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	3 10:00a YOGA 4:00p Lit. Drag. 4:50p Lit. Drag. 5:40p Lit. Drag.	4 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
5 Closed BRING SPARRING GEAR TO CLASS	6 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	7 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	8 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	9 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	10 10:00a YOGA 4:00p Lit. Drag. 4:50p Lit. Drag. 5:40p Lit. Drag. 6:30p NEW INTRO CLASS	11 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 3p CFA Nugget Party
12 Closed	13 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	14 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	15 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	16 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	17 10:00a YOGA 4:00p Lit. Drag. 4:50p Lit. Drag. 5:40p Lit. Drag. 6:30p INTRO	18 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
PRE/STRIPE-TEST						
19 Closed BRING SPARRING GEAR TO TESTING	20 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	Mr. Sensabaugh 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	22 7:00a Cardio KB 4:30p Lit. Drag. 5:30p White and Gold 6:45p Blue, Red, and Brown	23 3:40p Lit. Drag. 4:40p Orange and Green 6:10p Purple 7:45p Black Belt Exam 8:30p Krav Maga	Ms. Denise 10:00a YOGA 4:00p Lit. Drag. 4:50p Lit. Drag. 5:40p Lit. Drag. 6:30p INTRO	25 8:00a Cardio BBB 9:00a DEMO (+) 10:00a Blue/Red/Brn 11:00a Lit. Drag. 12:00p Interm I 1:00p BEG WEAP 1:30p IN/AD WEAP
26 Closed	Mr. Ketterman 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	28 3:40p Lit. Drag. 4:30p Lit. Drag. 5:30p Beg/Adv II 6:30p Blue/Red/Brn 7:30p SELF-DEFENSE/STRIK. 8:30p Krav Maga	<p>*The White Belt Stripe Test for the Monday/Thursday Classes is scheduled for the 13th at 4:30pm and 6:30pm (kata and techniques only). We will be having the first INTRO Class of the new year on Friday, February 10th at 6:30pm. All children ages 7-12 are eligible to attend (pre-registration is required). Belt testing is scheduled for the 22nd and 23rd (check the schedule for exact dates and times). If you are a Little Dragons who completed the "Superior Character Challenge" over the Christmas break and turned in your form, your Chick-fil-A Nugget Party is happening on Saturday, February 11th at 3:00pm (sign-up sheet is on the INFO table if you plan on attending). If you are a mainstream student who completed the practice chart over the Christmas break and are opening for the DEMO team at the ACIT Basketball tournament in March your first practice will be on Saturday, February 11th at 9:00am (+).</p>			

****All class times will remain the same after testing.**

Be looking for your picture on our favorite social media site: Instagram! Check it out...