



FEAR KNOT
Martial Arts

For
Kidz



September 2008



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 <i>Holiday Closed</i>	2 Teamwork <i>Sparring</i>	3 <i>Forms</i>	4 Technique Self Defense	5 Control <i>Self Defense</i>	6
7	8 Flexibility Basics	9 Balance <i>Basics</i>	10 <i>Sparring</i>	11 Flexibility Forms	12 Memory <i>Forms</i>	13
14	15 Concentration Self Defense	16 TEST Ninjas & Karate Kidz	17 <i>Basics</i> <i>Street Clothes</i>	18 Concentration Sparring	19 Discipline <i>Sparring</i>	20
21	22 Perseverance Forms	23 Fitness <i>Forms</i>	24 <i>Self Defense</i>	25 Perseverance Basics	26 Coordination <i>Basics</i>	27
28	29 Courage Sparring	30 Focus <i>Sparring</i>	1 <i>Forms</i>	2 Courage Self Defense	3 Teamwork <i>Self Defense</i>	4 Bowling Party 2-4 pm
5	6 Intensity Basics	7 Control <i>Basics</i>	8 <i>Self Defense</i>	9 Intensity Forms	10 Balance <i>Forms</i>	11 TKD TEST

CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
	Ninjas (4:15/5:05) White - Hi-Yellow	Ninja Prep (4:15/5:00/5:45)		Ninjas (4:15/5:05) White - Hi-Yellow
Karate Kidz (5:00) White - Hi-Yellow	Ninjas (5:55) Green - Hi-Purple		Karate Kidz (5:00) White - Hi-Yellow	Ninjas (5:55) Green - Hi-Purple
Karate Kidz (6:00) Orange - Hi-Purple	Youth/Adult (6:45)	Youth/Adult (6:30)	Karate Kidz (6:00) Orange - Hi-Purple	Youth/Adult (6:45)