



# FEAR KNOT Martial Arts



## September 2008



www.fearknot-martialarts.com

(717) 361-9788

fearknot@earthlink.net

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

### CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
	Ninjas (5:00) White - Hi-Yellow	Pre-Ninjas (4:45)	Ninjas (5:00) White - Hi-Yellow	
Youth (5:30)	Ninjas (5:50) Green - Hi-Purple	Youth (5:30)	Ninjas (5:50) Green - Hi-Purple	Youth (5:30)
Adult (6:30)	Karate Kidz (6:40)	Adult (6:30)	Karate Kidz (6:40)	Adult (6:30)