



FEAR KNOT
Martial Arts

For
Kidz



September 2008



www.fearknot-martialarts.com

(717) 944-3700

fearknot@earthlink.net

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 <u>TEST</u> Ninjas & Karate Kidz	10 <i>Sparring</i> <i>Street Clothes</i>	11 Flexibility Forms	12 Balance <i>Forms</i>	13
14	15 Concentration Self Defense	16 Memory <i>Self Defense</i>	17 <i>Basics</i>	18 Concentration <i>Sparring</i>	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 <i>Sparring</i>	30 Focus <i>Sparring</i>	1 <i>Forms</i>	2 Courage Self Defense	3 Teamwork <i>Self Defense</i>	4 <i>Bowling Party</i> <i>2-4pm</i>
5	6 Intensity Basics	7 <u>TEST</u> Ninjas & Karate Kidz	8 <i>Self Defense</i>	9 Intensity Forms	10 Control <i>Forms</i>	11 TKD TEST

CLASS SCHEDULE

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