

JANUARY 2021



Success Skill for Month: Visualization & No Excuses!! Get it done!! Don't Quit!!!
 Being on Zoom has been challenging for everyone, but were hoping to be back to semi-normal again soon! Its Very important to have a parent or buddy to workout with at home or to just hold a target bag. If you own a Punching bag or even fun noodles can be a great prop to use for training! We will continue to train safely & Use all of our safety protocols at the school.

JANUARY EVENTS: WE WILL BE OPEN FOR IN PERSON CLASSES ON TUESDAY & THURS.!
We are hoping by Feb. to be open more days! We are still on Zoom also!

SUN.

MON.

TUES.

WED.

THUR.

FRI.

SAT.

		If you can't come to class, please do your class at home on Zoom!				1	2
3	4	5	6	7	8	9	
Outside Board Breaking & Sparring Classes coming in February!!!							
10	11	12	13	14	15	16	
Testing Week! Don't forget to have all your Karate homework turned in!					Belt Testing & Promotion!	!!!Happy Birthday!!! (If I missed anyone, Please let us know) 28 th Cryus	
17	18	19	20	21	22	23	
		School open for In-person Classes! 5pm, 6pm, 7pm			School open for In-person Classes! 5pm (special class for white belts) 6pm, 7pm		
24	25	26	27	28	29	30	
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Student Website: www.fresnokenpokarate.com, Like us on Facebook! Join our Fresno Kenpo Karate Challenge Facebook Page!
 Subscribe to Sascha Williams, and Amazing Kenpo, and Castellanos Kenpo Karate on YouTube! Text Mrs W for password for website