MAY 2021





Success Skill for Month: Positive Self Expectancy and Goal Attainment...Don't give up before you start! Especially with a lot of our students on Zoom and our inability to do body Time with techniques, visualization is very important in practicing your Karate. Being able to imagine an opponent the same size as you in front of you. Using props as bags, pillows, pool noodles can also aid in your practice. It's also very Important for parents to help their child during Zoom Class with application.

MARK THESE DATES ON YOUR CALENDAR!!!

May 22nd In- house Tournament & Kenpo Camp June 24 25, 28, 29, 30, 1, 2nd!

	SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT
		THERE MAY BE TOURNAMENT PRACTICE HAPPENING ALSO!					1 !!!Happy Birthday!!!
		Techniques W	/eek				(If I missed anyone,
	2	3	4	5	6	7 8	Please let us know) <u>2nd Roman P.</u>
	Form	If you can	't come to class	please do your cla	ss at home on 700	ml	6th Nathan B.
		ii you cai	r come to class,	piease do your cia	33 at Home on 200	////:	<u>12th River H.</u> 16 th Gracie N.
		s, Sets, Weap	ons Week!				26 th Frank M.
	9	10	11	12	13	14	15
	Tec	THERE MAY BE TOURNAMENT PRACTICE HAPPENING ALSO!				TESTOR	
		hniques Wee	k			Belt Testing	
	Testing	Week! Don't forget to have all your Karate homework turned in!			& Promotion!		
	16	17	18	19	20	21	22
	% • C						School Tournament
	TA A	Candia/Caan	-i \ \				In-Person & Zoom 10am-5:30pm
		Cardio/Spari	ring week				10aiii-3.30piii
	23	24	25	26	27	28	29
			Technique	os Wook			
		School		Parents, please ask	us if you need tips	to help work wit	h your child.
	30	31 MEMORIAL Closed		, I	•	•	

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