

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



	<p><u>THERE MAY BE TOURNAMENT PRACTICE HAPPENING ALSO!</u> Techniques Week</p>					<p>1 !!!Happy Birthday!!! (If I missed anyone, Please let us know) <u>2nd Roman P.</u> <u>6th Nathan B.</u> <u>12th River H.</u> <u>16th Gracie N.</u> <u>26th Frank M.</u></p>
<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>
<p style="text-align: center;"><u>If you can't come to class, please do your class at home on Zoom!</u></p>						
<p style="text-align: center;">Forms, Sets, Weapons Week!</p>						
<p>9</p>	<p><u>THERE MAY BE TOURNAMENT PRACTICE HAPPENING ALSO!</u> Techniques Week</p>					<p>15</p> <p>Belt Testing & Promotion!</p>
<p style="text-align: center;"><u>Testing Week! Don't forget to have all your Karate homework turned in!</u></p>						
<p>16</p>	<p>17</p> <p>18</p> <p>19</p> <p>20</p> <p>21</p>					<p>22</p> <p>School Tournament In-Person & Zoom 10am-5:30pm</p>
<p style="text-align: center;">Cardio/Sparring Week</p>						
<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>
<p style="text-align: center;">Techniques Week</p>						
<p>30</p>	<p>31</p> <p>School Closed</p>	<p>Parents, please ask us if you need tips to help work with your child.</p>				