

# JULY 2021

Success Skill for Month: No Excuses: Winning Black Belts accept 100% responsibility for the outcomes in their own life. Winners take the credit or the blame for their own performances. They never externalize their failures, but take responsibility for their own performance and results. You create your own experiences!



Upcoming Events! Black & Brown Belt Workout! August 6,7,8<sup>th</sup>.  
Coaching Class July 25<sup>th</sup>! For all Instructors & Jr. Leaders.  
Elite Leadership Team July 25<sup>th</sup>

If you can't come to class, then you can do your class at home on Zoom!

SUN.

MON.

TUES.

WED.

THUR.

FRI.

SAT.

	Kenpo Camp 9am-2pm	Kenpo Camp 9am-2pm		1	2	3
	Techniques Week! Don't forget to practice!					
4 	5	6	7	8	9	10 
	Forms/Sets/Weapons Week! Don't forget to bring your weapons to class!					
11	12	13	14	15	16	17
	Testing Week! Don't forget to have all your Karate homework turned in!				Testing Day & Promotion! 6:00pm	
	Techniques Week! Don't forget to practice!					
18 	19	20	21	22	23	24
	Forms/Sets/Weapons Week! Don't forget to bring your weapons to class!					
	Order Your Sparring Gear!					
25 Coaching Class 1pm-3:00pm Elite Training Class Forms, Weapons, Sparring! 3:30-5:30pm	26	27	28	29	30	
	Sparring/Cardio Week!			Our Karate T-shirts are on Sale! \$15.99 Ask any Blackbelt Or text Mrs W 433-7148		
						!!!Happy Birthday!!! (If I missed anyone, Please let us know) 1 <sup>st</sup> Anthony C. 3 <sup>rd</sup> Santana & Santiago 6 <sup>th</sup> John 7 <sup>th</sup> April H. 11 <sup>th</sup> Adrian & Damon R. 14 <sup>th</sup> Luis S. & Yaretzi 16 <sup>th</sup> Makaela & Lucy S. 17 <sup>th</sup> Michael L. & Aiden M 20 <sup>th</sup> Ivan G. 22 <sup>nd</sup> Ethan B 31 <sup>st</sup> Sebastian

Student Website: [www.fresnokenpokarate.com](http://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