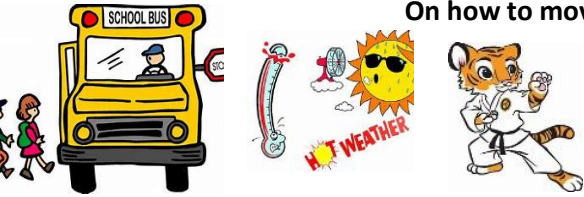


AUGUST 2021

Success Skill for Month: Positive Self Motivation: Winning Black Belts think about their successes, rather than their failures. We will always move in the direction of our current dominant thoughts. We look at mistakes or failures as learning lessons On how to move forward in the future. We keep our drive, focus, & persistence in all of our goals!



Our Karate T-Shirts are available for \$15.99!
We also have embroidered name patches on sale for \$8
Watch Amazing Kenpo on You tube for Nunchaku video!

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

SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
1 <i>(We are going to try to work you on your weapon in class or after class!)</i> Techniques Week! Don't forget to practice & bring in your Karate Techniques paper!	2	3	4	5	6 Black & Brown Belt Workout! 7-10:30pm	7 Black & Brown Belt Workout! 11am-10:30pm
8 Black & Brown Belt Workout! 11am-5pm	9 Basic Class: Blocking Set & Short Form 1 Level 1: Long Form 1, Short form 2 Level 2: Long form 2, Short Form 3 Level 3: Long form 3 & up Weapon Form: Nunchaku	10 <i>(We are going to try to work you on your weapon in class or after class!)</i> Forms/Sets/Weapons Week! Don't forget to bring your weapons to class!	11	12	13	14
15 Basic Class: Grasp of Death/Review Captured Twigs Level 1: Obscure Wing/Cross of Destruction/Review: Striking Serpents Head/Crushing Hammer Level 2: Fallen Cross/Heavenly Ascent/Review: Twist of fate/Clipping the Storm Level 3: Glancing Lance/Defying the Rod/Review: Gathering of the Snakes/Circling Windmills	16	17 Testing Week! Don't forget to have all your Karate homework turned in!	18	19	20 Testing Day & Promotion! 6:00pm	21 Coaching Class (All Helpers) 1pm-3:00pm Elite Training Class Forms, Weapons, Sparring! 3:30-4:30pm Yellow-Purple Belt 4:35-5:35pm Blue Belt & Up
22	23	24	25	26	27	28 !!!Happy Birthday!!! (If I missed anyone, Please let us know) 4 th Goven D. 9 th Savanna D. 14 th Madi S. 18 th Johnny Q. 25 th Mr. Hoskins 29 th Sterling W.
29 Basic Class: Blocking Set & Short Form 1 Level 1: Long Form 1, Short form 2 Level 2: Long form 2, Short Form 3 Level 3: Long form 3 & up Weapon Form: Nunchaku	30	31 <i>(We are going to try to work you on your weapon in class or after class!)</i> Forms/Sets/Weapons Week! Don't forget to bring your weapons to class!				

Student Website: www.fresnokenpokarate.com, Text Mrs. Williams for password! Like us on Facebook! & Instagram!
Subscribe to Sascha Williams, and Amazing Kenpo, and Castellanos Kenpo Karate on YouTube!