

SEPTEMBER 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!

Coaching & Elite Classes! Sept. 18th


Tournament Training Starts in Oct. Tournament Date: Sat. Nov 13th

When you finish learning your Nunchuck Form, then you can start learning Bo Staff!

Watch Amazing Kenpo on You tube for Nunchaku video!

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

SUN. MON. TUES. WED. THUR. FRI. SAT.

<p>Basic Class: Blocking Set & Short Form 1 Level 1: Long Form 1, Short form 2 & Sets Level 2: Long form 2, Short Form 3 & Sets Level 3: Long form 3 & up Weapon Form: Nunchaku</p>	<p>Basic Class: Review Grasp of death Level 1: Review: Obscure wing Level 2: Review: Cross of destruction Level 3: Review: 3rd Brown</p>	<p>1 <i>(We are going to try to work you on your</i></p> <p>2 <i>weapon in class or after class!)</i></p> <p>3</p> <p>4</p> <p>Forms/Sets/Weapons Week! Don't forget to bring your weapons to class!</p>				<p>5 Review previous week, then... Basic Class: Checking the storm Level 1: Grip of death/Obstructing the storm Level 2: Wings of silk/cross of death Level 3: Unfurling crane/Dance of darkness Weapon Form: Nunchaku</p>	<p>6</p> <p>7 <i>(We are going to try to work you on your weapon in class or after class!)</i></p> <p>8 Techniques Week! Don't forget to practice & bring in your Karate Techniques paper!</p>	<p>9</p> <p>10</p>	<p>11</p>
<p>12 Review previous week Techs. Then... Basic Class: Mace of Aggression Level 1: Calming the storm/Shielding hammer Level 2: Repeated devastation/Twirling sacrifice Level 3: Grasping eagles/Reprimanding the bears Weapon Form: Nunchaku</p>	<p>13</p> <p>14 Testing Week! Don't forget to have all your Karate homework turned in!</p> <p>15 <i>(We are going to try to work you on your weapon in class or after class!)</i></p> <p>16 Techniques Week! Don't forget to practice & bring in your Karate Techniques paper!</p>	<p>17 Belt Promotion! 6:00pm</p>	<p>18 Coaching Class (All Helpers) 1pm-2pm 11 yrs. On under 2pm-3pm 12 yrs. On up Elite Training Class Forms, Weapons, Sparring! 3:30-4:30pm 11 yrs. On under 4:35-5:35pm 12 yrs. On up</p>						
<p>19 20 21 22 23 24 25</p> <p>Sparring/Drills/Cardio Week! Don't forget to bring your sparring gear to class!</p>								 <p>!!!Happy Birthday!!! (If I missed anyone, Please let us know)</p>	
<p>26 Review previous week Techs. Then... Basic Class: Attacking Mace Level 1: Gift of destruction/Gift in return Level 2: Gripping talon/Obscure claws Level 3: Thrusting Lance/Destructive kneel Weapon Form: Nunchaku</p>	<p>27 <i>(We are going to try to work you on your weapon in class or after class!)</i></p> <p>28 Techniques Week! Don't forget to practice & bring in your Karate Techniques paper!</p>	<p>29</p>	<p>30 Karate Booth at Clovis Fest! 8am-6pm Sept 25th & 26th</p>	<p>3rd Gabriel 5th Jadee A., Casandra C. 7th Ameera D. 8th Sophie 9th Priscilla 13th Kaylee V. 18th Daisy, Mr. Ivan 20th Siannah 22nd Eien B., MattMc., Oliver, Valentin L. 26th Jaydon S. 27th Everly</p>					

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!