

MAY 2022



Success Skill for Month: Visualization & No Excuses!! Get it done!!

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.

If you can't come to class,

MARK THESE DATES ON YOUR CALENDAR!!!

please do your class at home on Zoom! May 14th In- house Tournament(check the schedule for times)

SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
1 Booth at Vintage Days@Fresno State	2	3	4	5	6	7
Tournament Training all week Free Style						
8 	9	10	11	12	13	14 In-school Tournament 9am
Tournament Training all week –Mock Tournament						
15 	16	17	18	19	20  Belt Promotion!	21 Coaching 1-2pm 12 and up 2-3pm 11 and under Leadership 3:30-4:30 12 and up 4:30-5:30 11 and under
Testing Week! Don't forget to have all your Karate homework turned in!						
22 	23	24	25	26	27  (If I missed anyone, Please let us know)	28 !!!Happy Birthday!!! 2 nd Roman P. 5 th Julian O. 9 th Dominic R. 12 th River H. 14 th Anastatia & Ezekiel. 24 th Diego V. 25 th Alex R.
29 	30 School Closed Memorial Day Techniques Week	31				

Student Website: www.fresnokenpokarate.com, Like us on Facebook!

Subscribe to Sascha Williams, and Amazing Kenpo, and Castellanos Kenpo Karate on YouTube! Text Mrs W for password for website