

JULY 2022



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!

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

Upcoming Events!

All of July: Different treats each week! Sponge your instructor week
 Will be a fundraiser for the Fresno Humane Animal: \$1 per sponge
 Black/Brown belt workout Aug. 12,13,14th
 School Picnic Sept. 10th @ Black Beards

SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
<i>Basic: sword of destruction</i> Level 1: dance of death/ sleeper Level 2: snaking talon/ Leap from danger Level 3: courting the tiger/ Unwinding pendulum					1	2
Techniques Week! Don't forget to practice!						!!!Happy Birthday!!! (If I missed anyone, Please let us know)
3	4 Happy 4 th ! School Closed!	5	6	7 Kenpo Camp 9-2pm Green & up	8 Kenpo Camp 9-2pm Green & up	9 ^{1st} Mr. Anthony Caviglia 10 th Vincent E. 12 th Taelyn W 13 th Luis S. 16 th Lucy & Makaela 17 th Aiden M 24 th Alejandro R
Snow Cone Week! 						
Forms/Sets/Weapons Week! Don't forget to bring your weapons to class!						
10	11 Kenpo Camp 9-2pm Yellow & un	12 Kenpo Camp 9-2pm Yellow & up	13 Kenpo Camp 9-2pm Yellow & up	14 Kenpo Camp 9-2pm Yellow & up	15 Kenpo Camp 9-2pm Purple & up Testing Day & Promotion! 6:00pm	16
Sponge Week!  Don't forget to have all your Karate homework turned in!						
Techniques Week! Don't forget to practice!						
17	18	19	20	21	22	23 Coaching Class 1pm-2:00pm 12yrs & up 2:00-3:00 11 yrs. & under Leadership Training Class! 3:30-4:30pm 12 yrs. & up 4:30-5:30 11 yrs. & under
Cookie Week! 						
Order Your Sparring Gear!						
Sparring/Cardio Week! Don't forget your sparring gear!						
24	25	26	27	28	29	30
<i>Basic: Captured twigs</i> Level 1: striking serpent's head Crushing hammer Level 2: twist of fate Clipping the storm Level 3: gathering of the snakes Circling windmills	Brownie Week! 		Techniques Week! Don't forget to practice!			To see videos of karate techs., Or print out karate homework; Check out our Student website www.fresnokenpokarate.com

Student Website: 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