

SEPTEMBER 2022



SUN.

MON.

TUES.

WED.

THUR.

FRI.

SAT.

Success Skill for Month: Positive Self-Confidence: Winning Black Belts have good the ability to accomplish Anything they are willing to work to achieve. They do NOT get intimidated by the negative reactions of Others. They rise above the crowd. Keep your head up! If you make an error, fix it & continue!

!!!Happy Birthday!!!

(If I missed anyone, Please let us know)

Upcoming Events!
School Picnic Sept. 10th @ Black Beards
Heroes Comic booth Sat.17
Clovis fest booth sept 24th, 25th
Zoo Boo Booth October
Halloween Party! Oct.

13 th Kaylee V.	5 th Casandra C.
14 th Avjot B.	Oliver H.
18 th Ivan V.	6 th Bryan H.
22 nd Matt Mc.	Jeremy L.
Oliver V.	7 th Ameera D.
Eien B.	8 th Sophie P.
Matthew & Mark	Alexa D.
23 rd Nancy M.	9 th Pricilla
25 th Nancy M.	12 th Bobby Q.,
27 th Lily G.	Meredith G.
30 th Siannah P.	Nicholas M.
Alexander Damian	

If you can't come to class, then you can do your class at home on Zoom Tues. & Thurs. 6 & 7pm!

<p><i>Basic: Mace of Aggression</i> <i>Level 1: Shielding hammer/ Calming the storm</i> <i>Level 2: Repeated devastation/ Twirling sacrifice</i> <i>Level 3: grasping eagles/ Reprimanding the bears</i></p>				1	2	3
4	5	6	7	8	9	10
<p>Techniques Week! Don't forget to practice!</p> <p>Forms/Sets/Weapons Week! Don't forget to bring your weapons to class! Once you learn the nunchaku set, then you can move on to B o staff!</p>						
11	12	13	14	15	16	17
<p><i>Basic: Attacking mace</i> <i>Level 1: Gift of destruction/ Gift in return</i> <i>Level 2: Gripping talon/ Obscure claws</i> <i>Level 3: Thrusting lance/ Destructive kneel</i></p>						
<p>Testing Week!</p> <p>Don't forget to have all your Karate homework turned in!</p> <p>Techniques Week! Don't forget to practice!</p> <p>Testing Day & Promotion! 6:00pm</p>						
18	19	20	21	22	23	24
<p>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</p>						
<p>Forms/Sets/Weapons Week! Don't forget to bring your weapons to class! Once you learn the nunchaku set, then you can move on to B o staff!</p>						
25	26	27	28	29	30	
<p>11 yrs. & under Clovisfest booth 8am-5pm</p>	<p><i>Basic: Delayed sword</i> <i>Level 1: Crossing talon/ Darting Mace</i> <i>Level 2: Raking mace/ Conquering shield</i> <i>Level 3: Entwined Lance/ Piercing lance</i></p>					
<p>Techniques Week! Don't forget to practice!</p> <p>To see videos of karate techs., Or print out karate homework; Check out our Student website www.fresnokenpokarate.com</p>						

