

DECEMBER 2022



Success Skill for Month: Positive Self Motivation: Winning Black Belts think about the rewards of success, not Not on the disappointment of failure. Winners commit and stay true to their dreams, and work all the time to Achieve them. Do or do not. There is no try.

!!!Happy Birthday!!!

(If I missed anyone, Please let us know)

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

- Upcoming Events!**
 Christmas Sale! Dec. 5th – 13th
 Black & Brown Belt Workout! Dec. 9th, 10th
 Movie night at the school! Dec. 17th
 Coaching & Leadership Dec 17th
 Christmas Potluck! & Ugly Sweater Contest Dec 21st

- 1st Nate W
- 8th Miss Magda
- 14th Mikael
- 15th Jozef
- 15th Kathia Z.
- 16th Anthony V.
- 26th Victoria L.
- 27th Daniella H.
- 30th Gavin A.

SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
<i>Basic: Delayed Sword</i> Level 1: Crossing talon/ Darting mace Level 2: Raking mace Conquering shield Level 3:entwined lance Piercing lance				1	2	3
4 Forms & Sets, Weapons week	5	6	7	8	9 Black & Brown Belt Workout! 7pm	10 Black & Brown Belt Workout! 11am-10:30pm
11 Black & Brown Belt Workout! 11am-6pm??	12 <i>Basic: Alternating maces</i> Level 1: raining claw Circling wing Level 2:gift of destiny Broken gift Level 3: destructive fans Prance of the tiger	13	14	15	16 <u>Testing Day & Promotion!</u> 6:00pm	17 Coaching Class 1pm-2:00pm 12yrs & up 2:00-3:00 11 yrs. & under Leadership Training Class! 3:30-4:30pm 11 yrs. & under 12 and up 4:30-5:30 pm & Movie & game Night! 6pm-8pm
18	19	20	21 Christmas Potluck! & games All Classes!	22	23	24
SPARRING WEEK! BRING YOUR GEAR!						
25 Merry Christmas!	26 School Closed!	27 <i>Basic: sword of the destruction</i> Level 1:reversing mace Shield and sword Level 2: tripping arrow Squatting sacrifice Level 3:raining lance Capturing the rod	28	29 "To see videos of karate techs., Or print out karate homework; Check out our Student website www.fresnokenpokarate.com "	30	31 Happy New Year's Eve!

Testing Week!
 Don't forget to have all your Karate homework turned in!

