

**APRIL
2023**

Success Skill for Month: Visualization: Winning black Belts learn to have a positive attitude and enthusiasm. Winners understand that life is a self fulfilling prophecy. What you expect is what you'll get. Winners have high expectations and standards for themselves. How much are you willing to do? Will you give up easily? Will you do it until you get it right?



If you can't come to class, then you can

do your class at home on Zoom Tues. & Thurs. 6 & 7pm!

Code: 4098931871

Upcoming Events!

Easter Coloring Contest!

Black & Brown Belt Workout! April 21, 22, 23rd

In-house Karate Tournament May 20th

Karate belt Camp June/July TBA

SUN.

MON.

TUES.

WED.

THUR.

FRI.

SAT.

Forms & Sets,
Weapons
week
Booth @
Big Hat Days!
9-5pm

Tournament Training Week!

!!!Happy Birthday!!!

(If I missed anyone,
Please let us know)

3rd Daniel

4th Slayden S.

6 8th Kurt

9th Alexa

14th Keenan

15th Jaylen

17th Jack

13 8th Cadence

20th Milani

24th Camilla

26th Brooklyn

30th Alexandra

1 Booth @
Big Hat Days!
9-6pm

2
Free Style
Self defense
Techs. week

3


4

5

Tournament Training Week!

7

8

9 Happy Easter!

SPARRING WEEK!
BRING YOUR GEAR!

10

11

12

Tournament Training Week!

13 8th Cadence
20th Milani
24th Camilla
26th Brooklyn
30th Alexandra

14

Easter Coloring
Sheet Due!

15
Booth @
Vintage Days! @
Fresno State
10-6pm

16 Booth @
Vintage Days! @
Fresno State
10-6pm
Forms & Sets,
Weapons
week

17

18

19

Tournament Training Week!

Testing Week!

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

20

21 Testing Day
& Promotion!
6:00pm

Black & Brown
Belt Workout!
The Line!
7pm-10:30-pm

22
Black & Brown
Belt Workout!
11am-10:30-pm

23 Black & Brown
Belt Workout!
& Testing
11am-6:00-pm
Free Style
Self defense
Techs. week

24

25

26

Tournament Training Week!

27

"To see videos of karate techs.,
Or print out karate homework;
Check out our Student website
www.fresnokenpokarate.com"

28

29 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 4:30-5:30pm

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

