

**JUNE  
2023**



**SUN.**

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?

Upcoming Events!

Karate Camp July 6<sup>th</sup>-7<sup>th</sup>, 10<sup>th</sup>-14<sup>th</sup>

3rd week of June starts our weekly fun theme weeks!

Black/Brown Belt Workout Aug. 4,5,6<sup>th</sup>

Aug. Demo Team Tryouts TBA

End of September School Picnic

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

do your class at home on Zoom Tues. & Thurs. 6 & 7pm! Code: 4098931871

!FATHERS, GRANDPAS, STEPDADS, GUARDIANS, TRAIN FOR FREE ALL MONTH!

**MON.**

**TUES.**

**WED.**

**THUR.**

**FRI.**

**SAT.**

				1	2	3 <b>!!!Happy Birthday!!!</b> (If I missed anyone, Please let us know)
4 <i>Forms &amp; Sets, Weapons week</i>	5	6	7	8	9	10 1 <sup>st</sup> Jackson 3 <sup>rd</sup> Elayna 3 <sup>rd</sup> Savannah 10 <sup>th</sup> Sameera 16 <sup>th</sup> Dazzlyn
11 <i>Basic: Mace of Aggression Level 1: Glancing Salute/ Hooking Wings Level 2: Flashing Wings/ Kneel of Compulsion Level 3: Blinding Sacrifice/ Blinding Sacrifice</i>	12	13	14	15	16	17 23 <sup>rd</sup> Mrs. Williams 24 <sup>th</sup> Pacey 26 <sup>th</sup> Rylenn 29 <sup>th</sup> Aubree
18 Happy Father's Day! <i>Forms &amp; Sets, Weapons week</i>	19	20	21	22	23	24
25	26	27	28	29	30	1 <sup>st</sup> July 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

**Bring your weapons!**

**Testing Week!**

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

**!Candy Week!**

**!Mini Cupcake Week!**

**!Cookie Week!**

**SPARRING WEEK! BRING YOUR GEAR!**

"To see videos of karate techs.,  
Or print out karate homework;  
Check out our Student website  
[www.fresnokenpokarate.com](http://www.fresnokenpokarate.com)"

Student Website: [www.fresnokenpokarate.com](http://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