



JANUARY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 CLOSED	2 Resume Regular Schedule	3	4	5	6
7	8	9	10	11	12	13
14	15 CLOSED Martin Luther King Jr. Day	16	17	18	19 Karate Workshop! see back for details	20
21	22	23	24	25	26	27 Girls Only Seminar Karate & BJJ
28	29	30	31	TIP TESTING (white uniform)		

CHECK THE BACK FOR THE MONTHLY NEWSLETTER WITH ALL DETAILS
& INFORMATION FOR UPCOMING EVENTS!

IF YOU HAVE ANY QUESTIONS PLEASE EMAIL OR SEE ALEX.

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What color karate uniform should I wear?

Kata - white

Self Defense - black

Sparring - mix match with gear