





# May



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
<b>STARS &amp; TIPS (white uniform)</b>						
6	7	8	9	10	11	12
<b>KATA</b>						
13 	14	15	16	17	18	19 CLOSED Big Apple BJJ Tournament
<b>SPARRING</b>						
20	21	22	23	24	25	26
<b>SPARRING</b>						
27	28 	29	30	31	1	2
<b>SELF DEFENSE</b>						

**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 w/ Gear**

**Stars & Tips - White**