

Karate American Altoona

July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Attention Parents! For Tournament Preparation Weeks Mr. Huff and Mr. Smith have opened up unlimited lessons for all kids competing!				1 Open to Instructor Walkups	2	3 Studio Closed 4th of July Weekend!
4 Studio Closed 4th of July Weekend! <i>Augusta Demo</i> <i>1:00pm</i> <i>Parade 1:30pm</i>	5	6 Traditional Forms Kids Sparring 5:10pm	7 One Step Division	8 Traditional Forms Kids Sparring 4:30pm	9 One Step Division Kids Sparring 5:10pm <i>C.F. Demo 7:00pm</i>	10 Open to Instructor
Tournament Preparation Week!						
11	12 Traditional Forms	13 One Step Division Kids Sparring 5:10pm	14 Traditional Forms	15 One Step Division Kids Sparring 4:30pm	16 Traditional Forms Kids Sparring 5:10pm	17 Open to Instructor Kids Karate Fest Phoenix Park
Tournament Preparation Week!						
18	19 Beginner Belt Open to Instructor Inter. - Adv. Falls/Takedowns	20 Stances, Blocks & Forms	21 one steps & self defense <i>Demo Workout</i> <i>6:30-7:30pm</i>	22 Punch, Kicking & Combos	23 Beginner Belt Open to Instructor Inter. - Adv. Falls/Takedowns	24 Stances, Blocks & Forms WBBL Ho- Chunk
25	26 Punch, Kicking & Combos	27 Beginner Belt Open to Instructor Inter. - Adv. Falls/Takedowns	28 Stances, Blocks & Forms Mandatory Leadership/ Instructor Meeting 6:30-7:30pm	29 <u>one steps & self defense</u> <u>Kid's classes</u> <u>only!</u> Test Night! 6:30pm	30 Punch, Kicking & Combos	31 Beginner Belt Open to Instructor