

# May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Stripe Week	3 Stripe Week	4 Stripe Week	5 Stripe Week	6	7 Women's Sparring Clinic
8 Mother's Day	9	10	11	12	13 Karate Seminar	14
15	16	17	18	19	20	21 Women's Sparring Clinic
22	23	24	25	26 Class at the Park	27 No Classes	28 No Classes
29	30 Memorial Day No Classes	31 Stripe Week	1 Stripe Week	2 Stripe Week	3 BB Testing	4 BB Testing

## Stripe Week

Regular Class Schedule

## Fitness Test

Fitness testing is a way to monitor and assess students fitness, strength and flexibility level. It's also a great way to teach students how to set goals.

## Curriculum Review

The more you practice the easier it is to stay engaged in the class experience. Consistently practicing can eliminate anxiety, fear of failure and can boost confidence.

## Earn Your Stripe

Upon successful completion of class you will earn a stripe which counts toward earning your next belt rank.

## Karate Seminar

Friday, May 13th

6:00pm: Power Ranger Seminar

7:30pm: Weapons Seminar

**Jewelianna Ramos-Ortiz** is a world champion in NASKA. She is known for her high, powerful kicks and weapon work. She has been training martial arts for 20 years and holds a 3rd degree in Taekwondo and is a 1st degree in Chuck Norris System (UFAF)

**Justin "Hot Foot" Ortiz** is a world renowned champion fighter, instructor and coach. With over 25 years in the industry he is sought out for his knowledge in Point Fighting, Kickboxing, Kumite and Martial Arts in general.

## Closed

Memorial Day Weekend 27th-30th

## Black Belt Testing

June 3rd and 4th (No Classes)

## Class At The Park

Thursday, March 26th

Governor's Ranch Elementary  
5354 S Field St 80123

Dragons/ Basic/ Level 1:  
5:30pm-6:00pm

Level 2/ Level 3/ Black Belt:  
6:15 - 6:45