# September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
					No Classes	No Classes
4	5 Labor Day	6	7	8	9	10
New Schedule Starts This Week	No Classes	Stripe Week	Stripe Week	Stripe Week		EMA Fight Club
11	12	13	14	15	16	17
		Instructor Payback				Women's Self Defense
18	19		21	22	23	24
						Testing
25	26	27	28	29	30	1
	Testing	Testing	Testing	Testing	Testing	Orientation

#### **Testing Week**

### Saturday, September 24th

10:00am - Weapons

11:00am - Level 3 Testing

#### Monday, September 26th

5:00pm - Basic (White Belt)

6:15pm - Level 1 (Orange & H Orange)

7:30pm - Level 2 (Blue & H Blue)

#### **Tuesday, September 27th**

5:00pm - Little Dragons

6:15pm - Basic (Gold Belt)

7:30pm - Level 1(Green and H Green)

#### Wednesday, September 28th

5:00pm - Basic (White Belt)

6:15pm - Level 1 (Orange & H Orange)

7:30pm - Level 2 (Purple & H Purple)

#### **Thursday, September 29th**

5:00pm - Little Dragons

6:15pm - Basic (Gold Belt)

7:30pm - Level 1(Green and H Green)

#### **Testing Week**

#### Friday, September 30th

5:00pm - Make Up Testing

6:00pm - Level 2 (All Belts)

7:15pm - BB Class

#### Orientation

#### Saturday, October 1st

All students advancing in levels please attend orientation. We'll be going over your new class requirements.

10:00am - New Orange Belts

11:30am - New Purple Belts

12:15am - New Red Belts

#### Closed:

#### Friday, September 2nd-5th

Labor Day Weekend

New Schedule Starts September 6th

#### **Instructor Payback**

### Tuesday, September 13th (after class)

Everyone has a chance to get payback on a Black Belt for making you work out so hard. At the end of each class you can purchase a pie to throw at the Black Belt of your choice.

Single Pie - \$5

3 Pies - \$10

### Women's Self Defense Seminar Saturday, September 17th at 11am

Self Defense training is not one about learning how to physically defend yourself. It helps develop a deeper sense of confidence that will help you assure yourself in all areas of your life.

#### EMA Fight Club

## Saturday, September 10th at 8:30am

A confidence building class for all students that are intimidated with sparring.