

## Team One Strike

Sat Feb 1, 2020

### 10:30am Karate YD

**Description:**

Class YD-A 45 minute Traditional Isshin Ryu Karate designed especially for ages 5-8yrs - Young Dragon. New students (10& 9th Kyu) ages 9-10 also welcome.

### 11:15am Youth and Adult Karate

**Description:** Class A - Traditional Isshin Ryu Karate Class. Students ages 9+ welcome

### 12:15pm Team Kata and Demo Team Practice ages 9+

**Description:** Class E -Students who will participate in Team Kata and upcoming Demo's .

Mon Feb 3, 2020

### 5:15pm 10+ Beginner focus / Open floor - all ranks

**Description:**

Class D -Traditional Isshin Rhy Karate for beginners (10th & 9th Kyu) ages 10+. Open to other students to practice and also assist new students.

### 6pm Youth & Adult Karate Class B

**Description:** Class B - Traditional Isshin Ryu Karate Class for all students ages 11+

Tue Feb 4, 2020

### 5:30pm YD 45 Min Karate

**Description:**

Class YD-A 45 minute Traditional Isshin Ryu Karate designed especially for ages 5-8yrs - Young Dragon. New students (10& 9th Kyu) ages 9-10 also welcome.

### 6:15pm Youth & Adults Karate (Class A)

**Description:** Class A - Traditional Isshin Ryu Karate Class. Students ages 9+ welcome

### 7:30pm 6th Kyu and above Kata & Weapons - Class C

**Description:**

Class C - Traditional Isshin Ryu Karate Class for 6th kyu and above (Green Belts and up) ages 11+

Wed Feb 5, 2020

### 5:30pm YD Karate lead by our 4th Kyu Senpai's

**Description:**

Class YD-B Class to benefit our Young Dragons while also giving our 4th Kyu Students time and space to grow as leaders and instructors.

### 6pm Youth & Adults Karate (Class A)

**Description:** Class A - Traditional Isshin Ryu Karate Class. Students ages 9+ welcome

Thu Feb 6, 2020

All day CLOSED

Fri Feb 7, 2020

All day CLOSED

## Team One Strike

Sat Feb 8, 2020

### 10:30am Karate YD

#### Description:

Class YD-A 45 minute Traditional Isshin Ryu Karate designed especially for ages 5-8yrs - Young Dragon. New students (10& 9th Kyu) ages 9-10 also welcome.

### 11:15am Youth and Adult Karate

Description: Class A - Traditional Isshin Ryu Karate Class. Students ages 9+ welcome

### 12:15pm Team Kata and Demo Team Practice ages 9+

Description: Class E -Students who will participate in Team Kata and upcoming Demo's .

Mon Feb 10, 2020

### 5:15pm 10+ Beginner focus / Open floor - all ranks

#### Description:

Class D -Traditional Isshin Rhy Karate for beginners (10th & 9th Kyu) ages 10+. Open to other students to practice and also assist new students.

### 6pm Youth & Adult Karate Class B

Description: Class B - Traditional Isshin Ryu Karate Class for all students ages 11+

Tue Feb 11, 2020

### 5:30pm YD 45 Min Karate

#### Description:

Class YD-A 45 minute Traditional Isshin Ryu Karate designed especially for ages 5-8yrs - Young Dragon. New students (10& 9th Kyu) ages 9-10 also welcome.

### 6:15pm Youth & Adults Karate (Class A)

Description: Class A - Traditional Isshin Ryu Karate Class. Students ages 9+ welcome

### 7:30pm 6th Kyu and above Kata & Weapons - Class C

#### Going? Yes

#### Description:

Class C - Traditional Isshin Ryu Karate Class for 6th kyu and above (Green Belts and up) ages 11+

Wed Feb 12, 2020

### 5:30pm YD Karate lead by our 4th Kyu Senpai's

#### Description:

Class YD-B Class to benefit our Young Dragons while also giving our 4th Kyu Students time and space to grow as leaders and instructors.

### 6pm Youth & Adults Karate (Class A)

#### Going? Yes

Description: Class A - Traditional Isshin Ryu Karate Class. Students ages 9+ welcome

Thu Feb 13, 2020

### 5:30pm YD Karate 45 Min

Description: Young Dragons ages 5-8. Also new students ages 9-11 welcome.

## Team One Strike

### **6:15pm Youth & Adults Karate (Class A)**

**Description:** Class A - Traditional Isshin Ryu Karate Class. Students ages 9+ welcome

### **7:30pm 6th Kyu and above Kata & Weapons - Class C**

**Description:**

Class C - Traditional Isshin Ryu Karate Class for 6th kyu and above (Green Belts and up) ages 11+

**Fri Feb 14, 2020**

**All day CLOSED**

**Sat Feb 15, 2020**

### **10:30am Karate YD**

**Description:**

Class YD-A 45 minute Traditional Isshin Ryu Karate designed especially for ages 5-8yrs - Young Dragon. New students (10th & 9th Kyu) ages 9-10 also welcome.

### **11:15am Youth and Adult Karate**

**Description:** Class A - Traditional Isshin Ryu Karate Class. Students ages 9+ welcome

### **12:15pm Team Kata and Demo Team Practice ages 9+**

**Description:** Class E -Students who will participate in Team Kata and upcoming Demo's .

**Mon Feb 17, 2020**

### **5:15pm 10+ Beginner focus / Open floor - all ranks**

**Description:**

Class D -Traditional Isshin Rhy Karate for beginners (10th & 9th Kyu) ages 10+. Open to other students to practice and also assist new students.

### **6pm Youth & Adult Karate Class B**

**Description:** Class B - Traditional Isshin Ryu Karate Class for all students ages 11+

**Tue Feb 18, 2020**

### **5:30pm YD 45 Min Karate**

**Description:**

Class YD-A 45 minute Traditional Isshin Ryu Karate designed especially for ages 5-8yrs - Young Dragon. New students (10th & 9th Kyu) ages 9-10 also welcome.

### **6:15pm Youth & Adults Karate (Class A)**

**Description:** Class A - Traditional Isshin Ryu Karate Class. Students ages 9+ welcome

### **7:30pm 6th Kyu and above Kata & Weapons - Class C**

**Description:**

Class C - Traditional Isshin Ryu Karate Class for 6th kyu and above (Green Belts and up) ages 11+

## **Team One Strike**

**Wed Feb 19, 2020**

**5:30pm YD Karate lead by our 4th Kyu Senpai's**

**Description:**

Class YD-B Class to benefit our Young Dragons while also giving our 4th Kyu Students time and space to grow as leaders and instructors.

**6pm Youth & Adults Karate (Class A)**

**Description:** Class A - Traditional Isshin Ryu Karate Class. All students ages 9+ welcome

**Fri Feb 21, 2020**

**All day CLOSED**

**Sat Feb 22, 2020**

**All day CLOSED**

**Mon Feb 24, 2020**

**5:15pm 10+ Beginner focus / Open floor - all ranks**

**Description:**

Class D -Traditional Isshin Rhy Karate for beginners (10th & 9th Kyu) ages 10 +. Opento other students to practice and also assist new students.

**6pm Youth & Adult Karate Class B**

**Description:** Class B - Traditional Isshin Ryu Karate Class for all students ages 11+

**Wed Feb 26, 2020**

**5:30pm YD Karate lead by our 4th Kyu Senpai's**

**Description:**

Class YD-B Class to benefit our Young Dragons while also giving our 4th Kyu Students time and space to grow as leaders and instructors.

**6pm Youth & Adults Karate (Class A)**

**Description:** Class A - Traditional Isshin Ryu Karate Class. Students ages 9+ welcome

**Thu Feb 27, 2020**

**5:30pm YD 45 Min Karate**

**Description:**

Class YD-A 45 minute Traditional Isshin Ryu Karate designed especially for ages 5-8yrs - Young Dragon. New students (10& 9th Kyu) ages 9-10 also welcome.

**6:15pm Youth & Adults Karate (Class A)**

**Description:** Class A - Traditional Isshin Ryu Karate Class. Students ages 9+ welcome

**7:30pm Green Belt - Kata & Weapons**

**Description:** Traditional Isshin Ryu Karate Class for Green Belts and up

**Fri Feb 28, 2020**

**All day CLOSED**

**Sat Feb 29, 2020**

**All day CLOSED**