

August

☀ SUN BELT MARTIAL ARTS ☀

<i>Weekly Featured Topics</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Fun Week (F)	30	31	1	2	3 *Chris Dent	4 No Classes *Emily Miller *Kimberly Gillick
New Hands Patterns (A)	6 <u>Bring A Friend</u>	7 <u>Bring A Friend</u>	8 <u>Bring A Friend</u>	9 <u>Bring A Friend</u>	10 <u>Bring A Friend</u>	11 No Classes
Standing Kicks/ Flying Kicks (B) *Mark McConnell	13 <u>Bring A Friend</u> *Stephen McEntyre	14 <u>Bring A Friend</u> *Sean Allgaier *Maria Velasquez	15 <u>Bring A Friend</u> *Haylee Schraff	16 <u>Bring A Friend</u>	17 <u>Bring A Friend</u> Sparring Tournament and Team Patterns Practice 5pm-7pm	18 No Classes *Joseph Montoya
Step Sparring/ Multiple Kicking (C)	20 <u>Bring A Friend</u>	21 <u>Bring A Friend</u> *Adam Lucas	22 <u>Bring A Friend</u> *Kaitlin Rocker	23 <u>Bring A Friend</u> *Aaron Mele	24 TOURNAMENT Starts at 6pm *Caleb Mele *Bradley Mele	25 School Canoe Trip (info in newsletter)
Ho Sin Sul Breaking (D) *Nicholas Wiseman	27 <u>Bring A Friend</u>	28 <u>Bring A Friend</u>	29 <u>Bring A Friend</u>	30 <u>Bring A Friend</u>	31 <u>Bring A Friend</u>	

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