



# Alabama Karate Academy

"BUILDING LEADERS ONE BLACK BELT AT A TIME"

# July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Beg = 4:45-5:30 Int/Adv = 5:30-6:15	Int/Adv = 4:45-5:30 Beg = 5:30-6:15 BB/CDB = 6:15- 7:00 Adult = 7:00-7:45	Beg.= 4:45-5:30  Int/Adv/CDB &BB 5:30-6:15	Int/Adv/CDB/BB 4:45-5:30 WC=5:30-6:15 Beg.= 6:15-7:00 Adult = 7:00-7:45	EVENTS: Birthday Party's Private Lessons	
	<div style="border: 1px solid black; padding: 5px; width: fit-content;">           Beginner (Beg.) ( Little dragon, White , Yellow &amp; Orange)            Intermediate (Int.) ( Green, &amp; Brown)            Advance (ADV&gt;) ( Red, Blue, &amp; Black Belt )            WC= Warrior Class            BB = Black Belt's class (black belt only)         </div>			1 <b>Sparring</b>  WC= Staff	2	3
4	5 <b>Forms &amp; Basics</b>	6 <b>Sparring</b>	7 <b>Grapping Basics</b>	8 <b>Forms &amp; Basics</b>  WC= nunchucks	9	10 <b>Happy Birthday Seth Warren</b>
11	12 <b>Forms &amp; Basics</b>	13 <b>Sparring</b>	14 <b>Kicking &amp; Spin Kicking Drills</b>	15 <b>Forms &amp; Rolling &amp; Falls</b>	16	17
18	19 <b>Forms &amp; Rolls &amp; Falls</b>	20 <b>Sparring</b>	21 <b>Self- Defense &amp; Long Staff</b>	22 <b>Self-defense Long Staff</b> WC= kama	23 <b>Happy Birthday Katie Lambeth</b>	24
25	26 <b>Forms &amp; Basics</b>	27 <b>Sparring</b>	28 <b>Basics &amp; Grappling</b> <b>Happy birthday Ramonita Velez</b>	29 <b>Forms &amp; Basics</b>	30 <b>Happy Birthday Mason Smith</b>	31

Always have sparring gear ready during class!!