



January 2012

Word of the Month
Loyalty

465 East Blackstock Rd
Spartanburg, SC 29301
864-576-8273

www.smakarate.com

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>Kicking Drills N-Wrist Grabs I- Side Headlock A-Knife Defenses</p> <p>XMA 5:15 Point Spar 6:00</p>	<p>3</p>	<p>4</p> <p>Punches and Strikes N-Shirt Grabs I-Rear Bearhugs A-Full Nelson Escape</p> <p>XMA 5:15 Point Spar 6:00</p>	<p>5</p>	<p>6</p> <p>Sword 4:00pm Bo Staff 4:30pm Sparring 5:15pm XMA 6:00pm</p>	<p>7</p> <p>Fitness Kickboxing 9:00am</p>
<p>9</p> <p>Blocks and Counters N-Front Chokes I-Rear Forearm Choke A-Rear Hammerlock</p> <p>XMA 5:15 Point Spar 6:00</p>	<p>10</p>	<p>11</p> <p>Ground Defenses</p> <p>XMA 5:15 Point Spar 6:00</p>	<p>12</p>	<p>13</p> <p>Sword 4:00pm Bo Staff 4:30pm Sparring 5:15pm XMA 6:00pm</p>	<p>14</p> <p>Fitness Kickboxing 9:00am</p>
<p>16</p> <p>Sparring <i>Don't forget your sparring gear! All gear can be purchased at the front office.</i></p> <p>XMA 5:15 Point Spar 6:00</p>	<p>17</p>	<p>18</p> <p>Kicking Drills N-Side and Rear Grabs I-Front Bearhugs A-Font Headlock Escape</p> <p>XMA 5:15 Point Spar 6:00</p>	<p>19</p>	<p>20</p> <p>Sword 4:00pm Bo Staff 4:30pm Sparring 5:15pm XMA 6:00pm</p>	<p>21</p> <p>Fitness Kickboxing 9:00am</p>
<p>23</p> <p>Stripe Test <i>Little Ninjas and Mighty Dragons going up in belt rank will receive their belt in class.</i></p> <p>XMA 5:15 Point Spar 6:00</p>	<p>24</p>	<p>25</p> <p>Belt Graduation in Class <i>Invite your family and friends to watch you promote to your next belt!</i></p> <p>XMA 5:15 Point Spar 6:00</p>	<p>26</p>	<p>27</p> <p>Sword 4:00pm Bo Staff 4:30pm Sparring 5:15pm XMA 6:00pm</p>	<p>28</p> <p>Fitness Kickboxing 9:00am</p>
<p>30</p> <p>Heavy Bag Combos/ Strength & Fitness Drills</p> <p>XMA 5:15 Point Spar 6:00</p>	<p>31</p>	<ul style="list-style-type: none"> • If you are planning to take the February Black Belt Test: • <i>Tentative Test Date: <u>Sunday</u>, February 26; 2:00pm</i> • You must notify your instructor of your intent to take the test this by the end of this week. Instructor will have the final say if you are eligible to test. No late entries will be allowed on the test. Belts will be ordered next week. 			