

MARCH

2020

TRIGGERS-THOUGHTS-ACTIONS-CONSEQUENCES

www.mccallsamericankarate.com

hanshimccall@gmail.com

CELL-704-579-7034

BELT STRIPE EVERY THURSDAY (3 stripes to test) BELT TEST LAST THURSDAY EACH MONTH

Sunday	M	Tuesday	W	Thursday	F	Saturday
	2	<ul style="list-style-type: none"> 4:30-TOURNAMENT TRAINING 5:00-JR'S=SPAR 6:00 DRAGON-SPAR 6:30 JRS/SPAR 7:25 ADULTS 7:25-JIU JITSU 	4	<ul style="list-style-type: none"> 4:30-TOURNAMENT TRAINING 5:00-JR'S class-SPAR 6:00 Dragon-stripe 6:30 JRS/STRIPE TEST 7:25 Adults & Advanced 7:25 SWORD KATA 	6	<p>8:00-10:00</p> <p>OPEN MAT-ALL BLACK BELTS</p> <p>ALL STUDENTS-TOURNAMENT TRAINING</p> <p>*****</p>
8	9	<ul style="list-style-type: none"> 4:30-TOURNAMENT TRAINING 5:00-JR'S & WEAPONS 6:00 DRAGON-SPAR 6:30 JRS/SPAR 7:25 ADULTS 7:25-JIU JITSU 	1 1	<ul style="list-style-type: none"> 4:30-TOURNAMENT TRAINING 5:00-JR'S class/SPAR 6:00 Dragon-SPAR 6:30 JRS/STRIPE TEST 7:25 adults & Advanced 7:25 SWORD KATA 	1 3	<p>8:00-10:00</p> <p>OPEN MAT-ALL BLACK BELTS</p> <p>ALL STUDENTS-TOURNAMENT TRAINING</p> <p>*****</p>
15	1 6	<ul style="list-style-type: none"> 4:30-TOURNAMENT TRAINING 5:00-JR-FIGHTING CLASS 6:00 DRAGONS SPAR 6:30 JR'S -FIGHTING 7:25-JIU JITSU/ADULTS 	1 8	<ul style="list-style-type: none"> 4:30-TOURNAMENT TRAINING 5:00- JR-FIGHTING CLASS 6:00 Dragon-SPAR 6:30 JRS/STRIPE TEST 7:25 adults & Advanced 7:25 SWORD KATA 	2 0	<p>TOURNAMENT DAY!!</p> <p>WIN OR LEARN</p> <p>9:00-3:00</p>
22	2 3	<ul style="list-style-type: none"> 4:00-PRIVATE LESSON 5:00- FIGHTING CLASS 6:00 DRAGON-ITP 6:30 JRS/KUMITE 7:25-JIU JITSU/ADULTS 	2 5	<ul style="list-style-type: none"> 4:00-PRIVATE LESSON 5:00-FIGHTING-CLASS 6:00 Dragon-stripe 6:30 JRS/STRIPE TEST 7:25 adults & Advanced 7:25 SWORD KATA 	2 7	<p>8:00-9:00</p> <p>MR. WARD</p> <p>MR. REEVES</p>
28	2 9	<ul style="list-style-type: none"> 4:00-PRIVATE LESSON 5:00-JR'S & WEAPONS 6:00 DRAGON-ITP 6:30 JRS/KUMITE 7:25-JIU JITSU 7:25-ADULTS 	3 1	<ul style="list-style-type: none"> 4:00-PRIVATE LESSON 5:00-JR'S class 6:00 Dragon-stripe 6:30 ALL BELT TEST 7:25 adults & Advanced 7:25 SWORD KATA 	2	<p>ORDER SAFETY EQUIPMENT FOR TOURNAMENT STARTS-NOW..MEASURING & TAKING ORDERS TILL 3-14-2020...MUST HAVE FOR TOURNAMENT</p>