

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 <u>5:00 Little Dragons #1</u> <u>5:45 Little Dragons #2</u> Master Paul, Inst Rose <u>6:30 TKD/TSD all levels</u> GM Marty, Master Ron, Master Rod <u>7:30 Brazilian Jiu Jitsu</u> Master Ron</p>	<p>2 <u>5:15 Beginners</u> Master Rich, Master Paul <u>6:15-7:30 TKD/TSD all levels</u> GM Benny, GM Kevin, GM Lee <u>7:30 Brazilian Jiu Jitsu</u> Master Ron <u>7:15 TKD/TSD in Monroe County</u> Master Paul, GM Gross</p>	<p>3 <u>5:00 Little Dragons #1</u> <u>5:45 Little Dragons #2</u> Master Paul, Inst. Rose <u>6:30 Workshop (Self Defense)</u> <u>6:30 Beginners</u> <u>7:15-8:30 TKD/TSD all levels</u> GM Marty, Master Ron, Master Rod, Master Paul</p>	<p>4 <u>5:15 Beginners</u> Master Paul <u>6:15-7:30 Weapons Training – Must be orange belt or higher</u> GM Kevin, GM Gross, Master Paul, GM Lee</p>	<p>5 <u>5:30 Yoga with Yurika</u> \$7 to participate – Ages 7+</p>	<p>6 <u>8:00AM striking/cardio</u> <u>8:45 Brazilian Jiu Jitsu</u> Master Ron <u>10:00-11:15AM TKD/TSD all levels</u> Master Steve, Ins. Rose, Inst Gary, GM Lee <u>11:30AM Little Dragons</u> Inst Gary, Master Steve, Inst. Rose</p>
<p>7 <u>MKA Spring Tournament</u> <u>9:30AM – Little Dragons Divisions</u> <u>10AM – All other divisions</u></p>	<p>8 <u>5:00 Little Dragons #1</u> <u>5:45 Little Dragons #2</u> Master Paul, Inst Rose <u>6:30 TKD/TSD all levels – SPARRING SKILLS</u> GM Marty, Master Ron, Master Rod <u>7:30 Brazilian Jiu Jitsu</u> Master Ron</p>	<p>9 <u>5:15 Beginners</u> Master Rich, Master Paul <u>6:15-7:30 TKD/TSD all levels</u> GM Benny, GM Kevin, GM Lee <u>7:30 Brazilian Jiu Jitsu</u> Master Ron <u>7:15 TKD/TSD in Monroe County</u> Master Paul, GM Gross</p>	<p>10 <u>5:00 Little Dragons #1</u> <u>5:45 Little Dragons #2</u> Master Paul, Inst. Rose <u>6:30 Workshop (Forms)</u> <u>6:30 Beginners</u> <u>7:15-8:30 TKD/TSD all levels</u> GM Marty, Master Ron, Master Rod, Master Paul</p>	<p>11 <u>5:15 Beginners</u> Master Paul <u>6:15-7:30 TKD/TSD all levels</u> GM Kevin, GM Gross, Master Paul, GM Lee</p>	<p>12</p>	<p>13 <u>8:00AM striking/cardio</u> <u>8:45 Brazilian Jiu Jitsu</u> Master Ron <u>10:00-11:15AM TKD/TSD all levels</u> Master Steve, Ins. Rose, Inst Gary, GM Lee <u>11:30AM Little Dragons</u> Inst Gary, Master Steve, Inst. Rose</p>
<p>14 <u>9:00AM Relaxed karate</u> GM Kevin, Master Paul <u>10:00AM workshop</u> Master Paul</p>	<p>15 <u>5:00 Little Dragons #1</u> <u>5:45 Little Dragons #2</u> Master Paul, Inst Rose <u>6:30 TKD/TSD all levels</u> GM Marty, Master Ron, Master Rod <u>7:30 Brazilian Jiu Jitsu</u> Master Ron</p>	<p>16 <u>5:15 Beginners</u> Master Rich, Master Paul <u>6:15-7:30 TKD/TSD all levels</u> GM Benny, GM Kevin, GM Lee <u>7:30 Brazilian Jiu Jitsu</u> Master Ron <u>7:15 TKD/TSD in Monroe County</u> Master Paul, GM Gross</p>	<p>17 <u>5:00 Little Dragons #1</u> <u>5:45 Little Dragons #2</u> Master Paul, Inst. Rose <u>6:30 Workshop (One Steps)</u> <u>6:30 Beginners</u> <u>7:15-8:30 TKD/TSD all levels</u> GM Marty, Master Ron, Master Rod, Master Paul</p>	<p>18 <u>FORMS NIGHT</u> <u>5:15 Beginner Forms</u> <u>6:15 Intermediate Forms</u> <u>7:15 Advanced Forms</u> GM Kevin, GM Gross, GM Lee, Master Paul</p>	<p>19 <u>5:30 Yoga with Yurika</u> \$7 to participate – Ages 7+</p>	<p>20 <u>8:00AM striking/cardio</u> <u>8:45 Brazilian Jiu Jitsu</u> Master Ron <u>10:00-11:15AM TKD/TSD all levels</u> Master Steve, Ins. Rose, Inst Gary, GM Lee <u>11:30AM Little Dragons</u> Inst Gary, Master Steve, Inst. Rose</p>
<p>21 <u>9:00AM Relaxed karate</u> GM Kevin, Master Paul <u>10:00AM workshop</u> Master Paul</p>	<p>22 <u>5:00 Little Dragons #1</u> <u>5:45 Little Dragons #2</u> Master Paul, Inst Rose <u>6:30 TKD/TSD all levels</u> GM Marty, Master Ron, Master Rod <u>7:30 Brazilian Jiu Jitsu</u> Master Ron</p>	<p>23 <u>5:15 Beginners</u> Master Rich, Master Paul <u>6:15-7:30 TKD/TSD all levels</u> GM Benny, GM Kevin, GM Lee <u>7:30 Brazilian Jiu Jitsu</u> Master Ron <u>7:15 TKD/TSD in Monroe County</u> Master Paul, GM Gross</p>	<p>24 <u>5:00 Little Dragons #1</u> <u>5:45 Little Dragons #2</u> Master Paul, Inst. Rose <u>6:30 Workshop (Self Defense)</u> <u>6:30 Beginners</u> <u>7:15-8:30 TKD/TSD all levels – SPARRING SKILLS</u> GM Marty, Master Ron, Master Rod, Master Paul</p>	<p>25 <u>5:15 Beginners</u> Master Paul <u>6:15-7:30 TKD/TSD all levels</u> GM Kevin, GM Gross, Master Paul, GM Lee</p>	<p>26</p>	<p>27 <u>8:00AM striking/cardio</u> <u>8:45 Brazilian Jiu Jitsu</u> Master Ron <u>10:00-11:15AM TKD/TSD all levels</u> Master Steve, Ins. Rose, Inst Gary, GM Lee <u>11:30AM Little Dragons</u> Inst Gary, Master Steve, Inst. Rose</p>
<p>28 <u>9:00AM Relaxed karate</u> GM Kevin, Master Paul <u>10:00AM workshop</u> Master Paul</p>	<p>29 <u>5:00 Little Dragons #1</u> <u>5:45 Little Dragons #2</u> Master Paul, Inst Rose <u>6:30 TKD/TSD all levels</u> GM Marty, Master Ron, Master Rod <u>7:30 Brazilian Jiu Jitsu</u> Master Ron</p>	<p>30 <u>5:15 Beginners</u> Master Rich, Master Paul <u>6:15-7:30 TKD/TSD all levels</u> GM Benny, GM Kevin, GM Lee <u>7:30 Brazilian Jiu Jitsu</u> Master Ron <u>7:15 TKD/TSD in Monroe County</u> Master Paul, GM Gross</p>				