

# July 2024

Soke Sean Martin will be teaching on Tuesday, 7/9 and Wednesday, 7/10. We will do normal warm up/techniques for the first half of classes then Soke Martin will teach the second half. Please join us for these informative seminars!

	<p><b>1 5:00-5:45 Little Dragons</b> Master Paul, Inst Rose <b>5:45-6:30 Kids BJJ</b> Master Ron <b>5:45-6:30 Open Mat</b> <b>6:30 TKD/TSD all levels – GM</b> Marty, Master Ron, Master Rod <b>7:30 Adult BJJ</b> Master Ron</p>	<p><b>2 5:15 Beginners</b> Master Rich, Master Paul <b>6:15-7:30 TKD/TSD all levels</b> GM Kevin, GM Lee <b>7:30 Brazilian Jiu Jitsu</b> Master Ron <b>7:15 TKD/TSD in Monroe</b> <b>County</b> Master Paul, Inst. Chris L.</p>	<p><b>3 5:00 Little Dragons #1</b> <b>5:45 Little Dragons #2</b> Master Paul, Inst. Rose <b>6:30 Workshop (One Steps)</b> <b>6:30 Beginners</b> <b>7:15-8:30 TKD/TSD all levels</b> GM Marty, Master Ron, Master Rod, Master Paul</p>	<p>4 CLOSED FOR INDEPENDENCE DAY!</p>	<p>5</p>	<p><b>6 8:00AM striking/cardio 8:45</b> <b>Adult BJJ</b> Master Ron <b>9:00 Kids Brazilian Jiu Jitsu</b> Master Ron <b>10:00-11:15AM TKD/TSD all</b> <b>levels</b> Master Steve w/ various instructors <b>11:30AM Little Dragons</b> Inst Gary, Master Steve, Inst. Rose</p>
<p><b>7 9:00AM Relaxed karate</b> GM Kevin, Master Paul <b>10:00AM workshop</b> Master Paul</p>	<p><b>8 5:00-5:45 Little Dragons</b> Master Paul, Inst Rose <b>5:45-6:30 Kids BJJ</b> Master Ron <b>5:45-6:30 Kickboxing</b> Master Rod <b>6:30 TKD/TSD all levels – GM</b> Marty, Master Ron, Master Rod <b>7:30 Adult BJJ</b> Master Ron</p>	<p><b>9 5:15 Beginners</b> Master Rich, Master Paul <b>6:15-7:30 TKD/TSD all levels</b> GM Kevin, GM Lee <b>7:30 Brazilian Jiu Jitsu</b> Master Ron <b>No Classes in Monroe</b> <b>County</b></p>	<p><b>10 5:00-5:45 Little Dragons</b> Master Paul, Inst Rose <b>5:45-6:30 Kickboxing</b> Master Rod <b>6:30 Workshop(Self-Defense)</b> <b>6:30 Beginners</b> <b>7:15-8:30 TKD/TSD all levels</b> GM Marty, Master Ron, Master Rod, Master Paul</p>	<p><b>11 5:00-5:30 Little Dragons</b> Master Paul <b>5:30-6:30 Beginners</b> Master Paul <b>6:30-7:30 Weapons Training –</b> <b>Must be orange belt or higher</b> GM Kevin, GM Gross, Master Paul, GM Lee</p>	<p>12</p>	<p><b>13 8:00AM striking/cardio</b> <b>8:45 Adult BJJ</b> Master Ron <b>9:00 Kids Brazilian Jiu Jitsu</b> Master Ron <b>10:00-11:15AM TKD/TSD all</b> <b>levels</b> Master Steve w/ various instructors <b>11:30AM Little Dragons</b> Inst Gary, Master Steve, Inst. Rose</p>
<p><b>14 9:00AM Relaxed karate</b> GM Kevin, Master Paul <b>10:00AM workshop</b> Master Paul</p>	<p><b>15 5:00-5:45 Little Dragons</b> Master Paul, Inst Rose <b>5:45-6:30 Kids BJJ</b> Master Ron <b>5:45-6:30 Kickboxing</b> Master Rod <b>6:30 TKD/TSD all levels –</b> <b>SPARRING SKILLS</b> GM Marty, Master Ron, Master Rod <b>7:30 Adult BJJ</b> Master Ron</p>	<p><b>16 5:15 Beginners</b> Master Rich, Master Paul <b>6:15-7:30 TKD/TSD all levels</b> GM Kevin, GM Lee <b>7:30 Brazilian Jiu Jitsu</b> Master Ron <b>7:15 TKD/TSD in Monroe</b> <b>County</b> Master Paul, Inst. Chris L.</p>	<p><b>17 5:00-5:45 Little Dragons</b> Master Paul, Inst Rose <b>5:45-6:30 Kickboxing</b> Master Rod <b>6:30 Workshop (Forms)</b> <b>6:30 Beginners</b> <b>7:15-8:30 TKD/TSD all levels</b> – <b>SPARRING SKILLS</b> GM Marty, Master Ron, Master Rod, Master Paul</p>	<p><b>18 5:00-5:30 Little Dragons</b> Master Paul <b>5:30-6:30 Beginners</b> Master Paul <b>6:30-7:30 TKD/TSD all levels</b> GM Kevin, GM Gross, Master Paul, GM Lee</p>	<p><b>19 5:30 Yoga with Yurika</b> \$7 to participate – Ages 7+</p>	<p><b>20 8:00AM striking/cardio</b> <b>8:45 Adult BJJ</b> Master Ron <b>9:00 Kids Brazilian Jiu Jitsu</b> Master Ron <b>10:00-11:15AM TKD/TSD all</b> <b>levels</b> Master Steve w/ various instructors <b>11:30AM Little Dragons</b> Inst Gary, Master Steve, Inst. Rose</p>
<p><b>21 9:00AM Relaxed karate</b> GM Kevin, Master Paul <b>10:00AM workshop</b> Master Paul</p>	<p><b>22 5:00-5:45 Little Dragons</b> Master Paul, Inst Rose <b>5:45-6:30 Kids BJJ</b> Master Ron <b>5:45-6:30 Kickboxing</b> Master Rod <b>6:30 TKD/TSD all levels – GM</b> Marty, Master Ron, Master Rod <b>7:30 Adult BJJ</b> Master Ron</p>	<p><b>23 5:15 Beginners</b> Master Rich, Master Paul <b>6:15-7:30 TKD/TSD all levels</b> GM Kevin, GM Lee <b>7:30 Brazilian Jiu Jitsu</b> Master Ron <b>7:15 TKD/TSD in Monroe</b> <b>County</b> Master Paul, Inst. Chris L.</p>	<p><b>24 5:00-5:45 Little Dragons</b> Master Paul, Inst Rose <b>5:45-6:30 Kickboxing</b> Master Rod <b>6:30 Workshop (One Steps)</b> <b>6:30 Beginners</b> <b>7:15-8:30 TKD/TSD all levels</b> GM Marty, Master Ron, Master Rod, Master Paul</p>	<p><b>27 FORMS NIGHT</b> <b>5:00-5:30 Little Dragons</b> Master Paul <b>5:30 Beginner Forms</b> <b>6:30 Intermediate</b> <b>7:30 Advanced Forms</b></p>	<p>26</p>	<p><b>27 8:00AM striking/cardio</b> <b>8:45 Adult BJJ</b> Master Ron <b>9:00 Kids Brazilian Jiu Jitsu</b> Master Ron <b>10:00-11:15AM TKD/TSD all</b> <b>levels</b> Master Steve w/ various instructors <b>11:30AM Little Dragons</b> Inst Gary, Master Steve, Inst. Rose</p>
<p><b>28 9:00AM Relaxed karate</b> GM Kevin, Master Paul <b>10:00AM workshop</b> Master Paul</p>	<p><b>29 5:00-5:45 Little Dragons</b> Master Paul, Inst Rose <b>5:45-6:30 Kids BJJ</b> Master Ron <b>5:45-6:30 Kickboxing</b> Master Rod <b>6:30 TKD/TSD all levels – GM</b> Marty, Master Ron, Master Rod <b>7:30 Adult BJJ</b> Master Ron</p>	<p><b>30 5:15 Beginners</b> Master Rich, Master Paul <b>6:15-7:30 TKD/TSD all levels</b> GM Kevin, GM Lee <b>7:30 Brazilian Jiu Jitsu</b> Master Ron <b>7:15 TKD/TSD in Monroe</b> <b>County</b> Master Paul, Inst. Chris L.</p>	<p><b>31 5:00-5:45 Little Dragons</b> Master Paul, Inst Rose <b>5:45-6:30 Kickboxing</b> Master Rod <b>6:30 Workshop(Self-Defense)</b> <b>6:30 Beginners</b> <b>7:15-8:30 TKD/TSD all levels</b> <b>SPARRING SKILLS</b> GM Marty, Master Ron, Master Rod</p>		<p>Kickboxing will now be held Mondays and Wednesdays from 5:45 to 6:30. Purchase a punch card at the desk!</p>	<p>Little Dragons will now be offered 4 days a week! Starting in August, we will add a 5<sup>th</sup> day!</p>