


September 2023


Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>It's Back to School time! We wish all our students a great school year!</p>	<p>Mixed classes have been renamed "TKD/TSD all levels". Same class, just a new name!</p>	<p>Be sure to take advantage of all our extra teachings. On Sept. 30 Grandmaster Somersall will be visiting to teach us new skills. Please read all about him in our newsletter</p>	<p>Yoga with Yurika will also be offered this month on the 29.</p>	<p>Sparring class is on the 27. Forms is on the 28</p> <p>Please note that we have created a half hour class for the littlest students that aren't quite ready for Little Dragons. Saturdays at 11:00AM!</p>	<p>1</p>	<p>2 <u>8:00AM striking/cardio</u> <u>8:45 Brazilian Jiu Jitsu</u> Master Ron <u>10:00AM TKD/TSD all levels</u> Master Steve, Ins. Rose, Inst Gary, GM Lee <u>11:00AM Mini Dragons</u> <u>11:30AM Little Dragons</u> Inst Gary, Master Steve, Inst. Rose</p>
<p>3 <u>9:00AM Relaxed karate</u> GM Kevin, Master Paul <u>10:00AM workshop</u> Master Paul</p>	<p>4 Labor Day closed</p>	<p>5 <u>11:00AM Platinum Dragons</u> Master Steve, Inst Rose <u>5:15 Beginners</u> Master Rich <u>6:15 TKD/TSD all levels</u> Master Benny, GM Kevin, GM Lee <u>7:15 Brazilian Jiu Jitsu</u> Master Ron <u>7:15 TKD/TSD in Monroe County</u> Master Paul, GM Gross</p>	<p>6 <u>5:00 Little Dragons #1</u> <u>5:45 Little Dragons #2</u> Master Paul, Inst. Rose <u>6:30 Open Mat</u> Various Instructors <u>7:15 TKD/TSD all levels</u> Master Marty, Master Ron, Master Rod, Master Paul</p>	<p>7 <u>5:15 Beginners</u> Master Paul <u>6:15 TKD/TSD all levels</u> GM Kevin, GM Gross, Master Paul, GM Lee <u>7:15 TKD/TSD all levels</u> Grandmaster Gross, Master Paul, Master Benny</p>	<p>8</p>	<p>9 <u>8:00AM striking/cardio</u> <u>8:45 Brazilian Jiu Jitsu</u> Master Ron <u>10:00AM TKD/TSD all levels</u> Master Steve, Ins. Rose, Inst Gary, GM Lee <u>11:00AM Mini Dragons</u> <u>11:30AM Little Dragons</u> Inst Gary, Master Steve, Inst. Rose</p>
<p>10 <u>9:00AM Relaxed karate</u> GM Kevin, Master Paul <u>10:00AM workshop</u> Master Paul includes DEMO PRACTICE</p>	<p>11 <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> Master Marty, Master Ron, Master Rod <u>7:30 Brazilian Jiu Jitsu</u> Master Ron</p>	<p>12 <u>11:00AM Platinum Dragons</u> Master Steve, Inst Rose <u>5:15 Beginners</u> Master Rich <u>6:15 TKD/TSD all levels</u> Master Benny, GM Kevin, GM Lee <u>7:15 Brazilian Jiu Jitsu</u> Master Ron <u>7:15 TKD/TSD in Monroe County</u> Master Paul, GM Gross</p>	<p>13 <u>5:00 Little Dragons #1</u> <u>5:45 Little Dragons #2</u> Master Paul, Inst. Rose <u>6:30 Open Mat</u> Various Instructors <u>7:15 TKD/TSD all levels</u> Master Marty, Master Ron, Master Rod, Master Paul</p>	<p>14 <u>5:15 Beginners</u> Master Paul <u>6:15 TKD/TSD all levels</u> GM Kevin, GM Gross, Master Paul, GM Lee <u>7:15 TKD/TSD all levels</u> Grandmaster Gross, Master Paul, Master Benny</p>	<p>15</p>	<p>16 <u>8:00AM striking/cardio</u> <u>8:45 Brazilian Jiu Jitsu</u> Master Ron <u>10:00AM TKD/TSD all levels</u> Master Steve, Ins. Rose, Inst Gary, GM Lee <u>11:00AM Mini Dragons</u> <u>11:30AM Little Dragons</u> Inst Gary, Master Steve, Inst. Rose</p>
<p>17 <u>9:00AM Relaxed karate</u> GM Kevin, Master Paul <u>10:00AM workshop</u> Master Paul</p>	<p>18 <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> Master Marty, Master Ron, Master Rod <u>7:30 Brazilian Jiu Jitsu</u> Master Ron</p>	<p>19 <u>11:00AM Platinum Dragons</u> Master Steve, Inst Rose <u>5:15 Beginners</u> Master Rich <u>6:15 TKD/TSD all levels</u> Master Benny, GM Kevin, GM Lee <u>7:15 Brazilian Jiu Jitsu</u> Master Ron <u>7:15 TKD/TSD in Monroe County</u> Master Paul, GM Gross</p>	<p>20 <u>5:00 Little Dragons #1</u> <u>5:45 Little Dragons #2</u> Master Paul, Inst. Rose <u>6:30 Open Mat</u> Various Instructors <u>7:15 TKD/TSD all levels</u> Master Marty, Master Ron, Master Rod, Master Paul</p>	<p>21 <u>5:15 Beginners</u> Master Paul <u>6:15 TKD/TSD all levels</u> GM Kevin, GM Gross, GM Lee, Master Paul <u>7:15 TKD/TSD all levels</u> Grandmaster Gross, Master Paul, Master Benny</p>	<p>22</p>	<p>23 <u>8:00AM striking/cardio</u> <u>8:45 Brazilian Jiu Jitsu</u> Master Ron <u>10:00AM TKD/TSD all levels</u> Master Steve, Ins. Rose, Inst Gary, GM Lee <u>11:00AM Mini Dragons</u> <u>11:30AM Little Dragons</u> Inst Gary, Master Steve, Inst. Rose</p>
<p>24 <u>9:00AM Relaxed karate</u> GM Kevin, Master Paul <u>10:00AM workshop</u> Master Paul Includes DEMO PRACTICE</p>	<p>25 <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> Master Marty, Master Ron, Master Rod <u>7:30 Brazilian Jiu Jitsu</u> Master Ron</p>	<p>26 <u>11:00AM Platinum Dragons</u> Master Steve, Inst Rose <u>5:15 Beginners</u> Master Rich <u>6:15 TKD/TSD all levels</u> Master Benny, GM Kevin, GM Lee <u>7:15 Brazilian Jiu Jitsu</u> Master Ron <u>7:15 TKD/TSD in Monroe County</u> Master Paul, GM Gross</p>	<p>27 <u>5:00 Little Dragons #1</u> <u>5:45 Little Dragons #2</u> Master Paul, Inst. Rose <u>6:30 Open Mat</u> Various Instructors <u>7:15 SPARRING</u> Master Marty, Master Ron, Master Rod, Master Paul</p>	<p>28 <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 Benny, Master Paul</p>	<p>29 <u>5:30 Yoga with Yurika</u> all ages over 7, \$7 fee</p>	<p>30 <u>10:00AM Grandmaster Somersall seminar</u>, \$20 fee all are welcome. No regular classes this day 1:00 DEMO PRACTICE</p>