



# July 2010

## Word of the month: Courtesy

465 East Blackstock Rd  
 Spartanburg, SC 29301  
 864-576-8273  
[www.smakarate.com](http://www.smakarate.com)

| Monday  | Tuesday | Wednesday  | Thursday | Friday   | Saturday   |
|---|---------|--|----------|--|--|
|   |         | June 30<br><div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Kicking Drills</b><br/>             N- Chokes defense - plucking<br/>             I-Choke defenses - rotational<br/>             A-Front headlock escapes           </div>          | 1        | 2 New Cycle!*****<br><br>Sword 4:00pm<br>Bo Staff 4:30pm<br>Sparring 5:15pm<br>XMA 6:00pm  | 3<br>NO KICKBOXING CLASS   |
| 5   | 6       | 7  | 8        | 9  | 10   |
| <div style="border: 1px solid black; padding: 5px;"> <b>Self Defense Strikes</b><br/>             N-Front grab escapes<br/>             I- Rear forearm choke escape<br/>             A-Hair grabs &amp; rear hammerlock           </div>   |         | <div style="border: 1px solid black; padding: 5px;"> <b>Focus Mitt Drills</b><br/>             N- Shoulder/arm grab esp. s.<br/>             I- Side headlock escape<br/>             A-Knife defense high and low           </div>  |          | Sword 4:00pm<br>Bo Staff 4:30pm<br>Sparring 5:15pm<br>XMA 6:00pm   | 9:30am Combat Fitness<br>Kickboxing  |
| 12  | 13      | 14   | 15       | 16   | 17   |
| <div style="border: 1px solid black; padding: 5px;"> <b>Ground Defenses</b><br/>             N- Mount defenses (choke/punches)<br/>             I- Escape attacker on your back<br/>             A-Choke defense w/ armbar           </div>   |         | <div style="border: 1px solid black; padding: 5px;"> <b>Blocks and Counters</b><br/>             N- Wrist grab escapes<br/>             I- Rear bearhugs escapes<br/>             A- Full nelson escape           </div>   |          | Sword 4:00pm<br>Bo Staff 4:30pm<br>Sparring 5:15pm<br>XMA 6:00pm   | 9:30am Combat Fitness<br>Kickboxing<br><br>Tournament: Mt View<br>Open! Hickory, NC  |
| 19  | 20      | 21   | 22       | 23   | 24   |
| <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Sparring</b><br/>             Bring your pads!           </div>   |         | <div style="border: 1px solid black; padding: 5px;"> <b>Kicking Drills</b><br/>             N-Sprawling, breakfall, standup<br/>             I- Front bearhug escapes<br/>             A- Knife defense rear, + review<br/>             of choke defenses           </div> |          | Sword 4:00pm<br>Bo Staff 4:30pm<br>Sparring 5:15pm<br>XMA 6:00pm   | 9:30am Combat Fitness<br>Kickboxing  |
| 26  | 27      | 28   | 29       | 30   | 31   |
| <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Stripe Test</b><br/>             All Classes<br/> <i>WEAR YOUR FULL UNIFORM!</i> </div>   |         | <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Belt Graduation in Class!</b><br/> <i>Self Defense Review</i><br/> <b>BUDDY DAY!!!</b> </div>  |          | Sword 4:00pm<br>Bo Staff 4:30pm<br>Sparring 5:15pm<br>XMA 6:00pm   | 9:30am Combat Fitness<br>Kickboxing<br><br>Tournament: Survivor!<br>Jekyl Island, GA |
| <p><i>Women and Teen Girls Self Defense Beginning July 19th</i><br/>         6 Week Courses taught at SMA.<br/>         Don't wait until after you are victim to learn self defense. Our course requires only 1 class time per week, and you can wear regular workout clothes. No belts, no uniforms, just practical street defense taught in a safe and fun environment.</p> |         | <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>New Weapons Cycle - Starting July 2<sup>nd</sup></b><br/> <b>Bo Staff and Sword!</b> </div>  |          | <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Don't Forget:</b><br/> <b>BUDDY DAY,</b><br/> <b>July 28&amp;29!</b><br/> <b>Bring a friend or family member to your karate class FREE!!!</b> </div> |  |
|   |         | <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Join Black Belt Club and learn martial arts weapons. Bo, Sword, Kamas, Nunchukas!</b> </div>   |          |  |  |