



# August 2024



	Mon	Tue	Wed	Thu	Fri	Sat
	29 	30  Regular Classes	31 <b>Goju</b> Regular Classes	1 Regular Classes	2 	3 Regular Classes
4 	5 	6 <b>Goju</b> Regular Classes	7 Regular Classes	8  Regular Classes	9 	10 
11 	12 	13  Regular Classes	14 <b>Goju</b> Regular Classes	15 Regular Classes	16 	17 <b>Goju</b> Regular Classes
18 <b>Bring a friend to class week!</b>	19  <b>Goju</b>	20 Regular Classes <b>Sparring!</b>	21 Regular Classes	22  <b>Goju</b> Regular Classes	23 	24 
25 	26 	27 Regular Classes	28  Regular Classes	29 Regular Classes	30 	31  <b>Labor Day Weekend!</b>

Fall schedule returns on 9/3/24  
**KATA OF THE MONTH: Purple-blue= Pinan Sandan**  
 Green through black: Seisan  
 Doshi Kai: Nijushiho

Kaizen Academy Martial Arts L.L.C  
 PO Box 644  
 Raymond, NH 03077  
 RaymondKarate.com  
 Phone: 603-895-1545  
 E-mail: karateinraymond@gmail.com