

# July

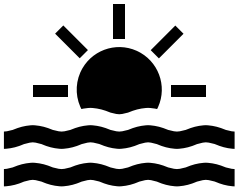
# 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 5:30-6:15 White-Blue 6:15-7:00 Mixed Rank 7:00-7:45 Elite/Teen	6 5-6:15 Mixed Rank 6:30-7:45 Elite/Teen	7 5:30-6:15 White-Blue 6:15-7:00 Mixed Rank 7-7:45 Elite/Teen	8	9
10	11	12 5:30-6:15 White-Blue 6:15-7:00 Mixed Rank 7:00-7:45 Elite/Teen	13 5-6:15 Mixed Rank 6:30-7:45 Elite/Teen	14 5:30-6:15 White-Blue 6:15-7:00 Mixed Rank 7-7:45 Elite/Teen	15	16
17	18	19 5:30-6:15 White-Blue 6:15-7:00 Mixed Rank 7:00-7:45 Elite/Teen	20 5-6:15 Mixed Rank 6:30-7:45 Elite/Teen	21 5:30-6:15 White-Blue 6:15-7:00 Mixed Rank 7-7:45 Elite/Teen	22	23
24	25 <b>C</b>	26 <b>L</b>	27 <b>O</b>	28 <b>S</b>	29 <b>E</b>	30 <b>D</b>

# August

# 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2 5:30-6:15 White-Blue 6:15-7:00 Mixed Rank 7:00-7:45 Elite/Teen	3 5-6:15 Mixed Rank 6:30-7:45 Elite/Teen	4 5:30-6:15 White-Blue 6:15-7:00 Mixed Rank 7:00-7:45 Elite/Teen	5	6
7	8	9 5:30-6:15 White-Blue 6:15-7:00 Mixed Rank 7:00-7:45 Elite/Teen	10 5-6:15 Mixed Rank 6:30-7:45 Elite/Teen	11 5:30-6:15 White-Blue 6:15-7:00 Mixed Rank 7:00-7:45 Elite/Teen	12	13
14	15	16 5:30-6:15 White-Blue 6:15-7:00 Mixed Rank 7:00-7:45 Elite/Teen	17 5-6:15 Mixed Rank 6:30-7:45 Elite/Teen	18 5:30-6:15 White-Blue 6:15-7:00 Mixed Rank 7:00-7:45 Elite/Teen	19	20
21	22 <b>SEE</b>	23 <b>YOU</b>	24 <b>IN</b>	25 <b>SEP</b>	26 <b>TEMBER</b>	27
28	29	30	31			(9/8/22)



# THE DOJO PARAMUS

## Summer 2022

### SAMURAI TRAINING SESSIONS

These 45-minute sessions will include: one step kumite, self-defense, weapon self-defense, advanced kicking drills and bag work, kumite, takedowns, board breaking and star throwing. Time is awarded for each of these sessions, equivalent to rank year, and counts towards future testings.

### Summer Seminar Series

These one hour and 15-minute sessions will run on Wednesday in a seminar format. This will allow the Sensei to dive deeper into important training topics. Topics listed below:

July 6	Self Defense – Increasing Awareness
July 13	Kata – Bunkai no Kihon
July 20	Kumite – Wednesday Night Fight
Aug 3	Ground Work – Stay on your Feet, Get on our Feet
Aug 10	Essentials of Chi – Internal Flowing Power
Aug 17	Culture/Climate – Embracing Tradition

### TUITION:

Advanced Package: \$460 unlimited rank classes & seminars (Flex) / potential of 18hrs of time, 24 classes & 6 seminars  
*(mandatory for samurai ranks purple and higher)*

Beginner Package: \$290 up to 8 rank classes & 1 seminar / 5 hours of time

Drop In Seminar Rate: \$45 pre-registration required

**TUITION IS DUE BY JUNE 18<sup>th</sup> & is NON-REFUNDABLE & NON-TRANSFERABLE.**

**Minimum summer training of 10 rank classes is REQUIRED  
for ALL SAMURAI RANKS PURPLE & HIGHER within the advanced package.**