



# **SHORINJI KEMPO JANUARY 2020 SCHEDULE**

CHILDREN CLASSES 6:00PM-7:30PM - ADULT CLASSES 7:30PM-9:00PM <http://sk-oc.org>

**JANUARY 3<sup>rd</sup> Friday 7:00pm-8:30pm ALL LEVELS**

**JANUARY 6<sup>th</sup> Monday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm**

**JANUARY 8<sup>th</sup> Wednesday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm**

**JANUARY 10<sup>th</sup> Friday 7:00pm-8:30pm ALL LEVELS**

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**JANUARY 13<sup>th</sup> Monday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm**

**JANUARY 15<sup>th</sup> Wednesday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm**

**JANUARY 17<sup>th</sup> Friday 7:00pm-8:30pm ALL LEVELS**

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**JANUARY 20<sup>th</sup> Monday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm**

**JANUARY 22<sup>nd</sup> Wednesday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm**

**JANUARY 24<sup>th</sup> Friday 7:00pm-8:30pm ALL LEVELS**

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**JANUARY 27<sup>th</sup> Monday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm**

**JANUARY 29<sup>th</sup> Wednesday Children 6:00pm-7:30pm / Adults 7:30pm-9:00pm**

**JANUARY 31<sup>st</sup> Friday 7:00pm-8:30pm ALL LEVELS**

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## **FEBRUARY 10<sup>th</sup>/13<sup>th</sup>/14<sup>th</sup> EXAM DATES KYU AND DAN**

FEB 10<sup>th</sup>/13<sup>th</sup> White/Yellow Belts - FEB 14<sup>th</sup> Green/Brown/Black Belts

We are holding extra Shorinji Kempo classes on Fridays – 5 days in the month of January to aid the students with the February 10<sup>th</sup>/13<sup>th</sup>/14<sup>th</sup> examinations. Please take advantage of these extra classes and manage your time between school/work and 2 hrs of Shorinji Kempo practice. Stay focused on understanding and repeating the techniques. Please submit your 2-4 written homework questions 1 week prior to the exam.

## **FEBRUARY 15<sup>th</sup>, 2020 LONG BEACH CHARITY WALK-JOG-RUN AT 7:30AM !!!!**

**5400 East Ocean Blvd., Long Beach, CA**

Cost is \$12. Orange County Shorinji Kempo will donate the same amount for each person that signs up to a local non-profit organization. Please support the community you live in and take care of your health. Registration deadline is by January 25<sup>th</sup>, 2020.

Sign up at <https://www.abetterworldrunning.com/shorinji-kempo-21520-lb>.

Password is: shorinji.