

January

Kyoshi Charles Lingerfelt's
American FreeStyle Karate Dojo
Monthly Program Schedule

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1 New Year's Day
2	3	4 Kata Techniques	5	6 Fighting Skills / Sparring	7	8
9	10	11 Belt Material	12	13 Fighting Skills / Wall Techniques	14	15
16	17	18 Kata Techniques	19	20 Fighting Skills / Line Drills	21	22
23	24	25 Belt Material	26	27 Fighting Skills / Self Defense	28	29
30	31					

2022



February

Kyoshi Charles Lingerfelt's
American FreeStyle Karate Dojo
Monthly Program Schedule

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 Kata Techniques	2	3 Fighting Skills / Line Drills	4	5
6	7 8	8 Belt Material	9	10 Fighting Skills / Sparring	11	12
13	14	15 Kata Techniques	16	17 Fighting Skills / Wall Techniques	18	19
20	21	22 Belt Material	23	24 Fighting Skills / Self Defense	25	26
27	28					



2022

March

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American FreeStyle Karate Dojo
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<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 Kata Techniques	2	3 Fighting Skills / Line Drills	4	5
6	7	8 Belt Material	9	10 Fighting Skills / Sparring	11	12
13	14	15 Kata Techniques	16	17 Fighting Skills / Wall Techniques	18	19
20	21	22 Belt Material	23	24 Fighting Skills / Line Drills	25	26
27	28	29 Kata Techniques	30	31 Fighting Skills / Self Defense		



2022

April

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American FreeStyle Karate Dojo
Monthly Program Schedule

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1	2
3	4	5 Belt Material	6	7 Fighting Skills / Line Drills	8	9
10	11	12 Kata Techniques	13	14 Fighting Skills / Sparring	15	16
17	18	19 Belt Material	20	21 Fighting Skills / Wall Techniques	22	23
24	25	26 Kata Techniques	27	28 Fighting Skills / Self Defense	29	30



2022

May

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Monthly Program Schedule

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2	3 Belt Material	4	5 Fighting Skills / Line Drills	6	7
8	9	10 Kata Techniques	11	12 Fighting Skills / Sparring	13	14
15	16	17 Belt Material	18	19 Fighting Skills / Wall Techniques Belt Testing	20	21
22	23	24 Kata Techniques	25	26 Fighting Skills / Self Defense	27	28
29	30 Memorial Day	31 Belt Material				



2022

June

Kyoshi Charles Lingerfelt's
American FreeStyle Karate Dojo
Monthly Program Schedule

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1	2 Fighting Skills / Line Drills	3	4
5	6	7 Kata Techniques	8	9 Fighting Skills / Sparring	10	11
12	13	14 Belt Material	15	16 Fighting Skills / Wall Techniques	17	18
19	20	21 Kata Techniques	22	23 Fighting Skills / Line Drills	24	25
26	27	28 Belt Material	29	30 Fighting Skills / Self Defense		

2022



July

Kyoshi Charles Lingerfelt's
American FreeStyle Karate Dojo
Monthly Program Schedule

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1	2
3	4 Independence Day	5 Kata Techniques	6	7 Fighting Skills / Line Drills	8	9
10	11	12 Belt Material	13	14 Fighting Skills / Sparring	15	16 Belt Testing!
17	18	19 Kata Techniques	20	21 Fighting Skills / Wall Techniques	22	23
24	25	26 Belt Material	27	28 Fighting Skills / Self Defense	29	30
31						



2022

August

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<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1	2 Kata Techniques	3	4 Fighting Skills / Line Drills	5	6
7	8	9 Belt Material	10	11 Fighting Skills / Sparring	12	13
14	15	16 Kata Techniques	17	18 Fighting Skills / Wall Techniques	19	20
21	22	23 Belt Material	24	25 Fighting Skills / Self Defense	26	27
28	29	30 Kata Techniques	31			

2022



September

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American FreeStyle Karate Dojo
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<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 Fighting Skills / Line Drills	2	3
4	5 Labor Day	6 Belt Material	7	8 Fighting Skills / Sparring	9	10
11	12	13 Kata Techniques	14	15 Fighting Skills / Wall Techniques	16	17 Belt Testing!
18	19	20 Belt Material	21	22 Fighting Skills / Line Drills	23	24
25	26	27 Kata Techniques	28	29 Fighting Skills / Self Defense	30	

2022



October

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<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1
2	3	4 Belt Material	5	6 Fighting Skills / Line Drills	7	8
9	10	11 Kata Techniques	12	13 Fighting Skills / Sparring	14	15
16	17	18 Belt Material	19	20 Fighting Skills / Wall Techniques	21	22
23	24	25 Kata Techniques	26	27 Fighting Skills / Self Defense	28	29
30	31					

2022



November

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American FreeStyle Karate Dojo
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<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 Belt Material	2	3 Fighting Skills / Line Drills	4	5 Belt Testing!
6	7	8 Kata Techniques	9	10 Fighting Skills / Sparring	11	12
13	14	15 Belt Material	16	17 Fighting Skills / Wall Techniques	18	19
20	21	22 Kata Techniques	23	24 Fighting Skills / Self Defense Thanksgiving Day	25	26
27	28	29 Belt Material	30			



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December

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<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 Fighting Skills / Line Drills	2	3
4	5	6 Kata Techniques	7	8 Fighting Skills / Sparring	9	10
11	12	13 Belt Material	14	15 Fighting Skills / Wall Techniques	16	17 Belt Testing!
18	19	20 Kata Techniques	21	22 Fighting Skills / Line Drills	23	24 Christmas Eve
25 Christmas Day	26	27 Belt Material	28	29 Fighting Skills / Self Defense	30	31 New Year's Eve



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January

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8	9	10 Belt Material	11	12 Fighting Skills / Sparring	13	14
15	16	17 Kata Techniques	18	19 Fighting Skills / Wall Techniques	20	21
22	23	24 Belt Material	25	26 Fighting Skills / Self Defense	27	28
29	30	31 Kata Techniques				



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