

# ***SPARRING WEEKS 2019***

Students, Yellow Belt and higher, participate in light contact sparring. This allows them to put their training into practical application in a controlled environment.

All students must have approved gear in order to participate in class during sparring week. Please see Assistant Instructor Keri Beers to order your gear.

April 22-27

June 10-15

July 1-3

August 19-24

September 9-14

October 28 - November 2

November 18-20

