

SCHEDULE OF EVENTS

- **Monday, September 2** - Labor Day - All Academies Closed
- **Wednesday, September 4** - Red Tip Testing Begins
- **Thursday, September 5** - Belt Promotion @ Pocket, Laguna & Cameron Park. No Classes
- **Friday, September 6** - Belt Promotion @ Granite Bay, Madison, Natomas & Waterman No Classes
- **Saturday, September 7** - Belt Promotion @ Carmichael & Lead Hill. No Classes
- **Saturday, September 7** - Black Belt Prep Begins
- **Friday, September 13**- Buddy Day
- **Thursday, September 19** - Tailor Drop-off Pocket, Laguna, & Natomas
- **Tuesday, September 24** - Tailor Drop-off Waterman & Cameron Park
- **Thursday, September 26** - Tailor Drop Off - Carmichael

BELT PROMOTION TIMES

Carmichael – On Saturday (Adults/Teens on Friday)

Lil' Samurai 11:15 am Jr. Beg 12:00 pm
 Jr. Inter. & Adv 10:30 am
 All Adults/Teens on Friday 6:00 pm

Granite Bay – On Friday (Adults on Thursday)

Lil' Samurai 5:00 pm Jr. White-Green 5:30 pm
 Jr. Purple & up 6:15 pm
 All Adults on Thursday 5:15 pm

Madison – On Friday (Adults on Thursday)

Lil' Samurai 5:30 pm Jr. Beg 6:00 pm
 Jr. Inter. & Adv 7:00 pm
 All Adults/Teens on Thursday 7:45 pm

Pocket – On Thursday (Adults/Teens on Wed)

Lil' Samurai 5:30 pm Juniors Beg 6:15 pm
 Junior Int & Adv 7:00 pm
 All Teens & Adults on Wednesday 7:30 pm

Roseville (Lead Hill) – On Saturday

Lil' Samurai White through Gold & Jr Beg 10:00 am
 Lil' Samurai Orange and Above & Jr Int & Adv 10:45 am
 All Adults & Teens 9:00 am

Laguna – On Thursday (Adults/Teens on Wed)

Lil' Samurai 4:30 pm Jr. Beg 5:15 pm
 Jr. Inter. 6:00 pm Jr. Adv 6:45 pm
 All Teens & Adults on Wednesday 7:15 pm

Cameron Park – On Thursday

Lil' Samurai 5:45pm All Juniors 5:45pm
 All Adults 6:45pm

Waterman – On Friday (Adults/Teens on Thursday)

Lil' Samurai 5:00 pm Jr. White-Green 5:45 pm
 Jr. Purple & up 6:30 pm
 All Adults/Teens on Thursday 6:30 pm

Natomas – On Friday (Adults/Teens on Thursday)

Lil' Samurai 5:30 pm Jr Beg 6:10 pm
 Junior Int/Adv 6:50 pm
 All Adults/Teens on Thursday 7:30 pm

SEPTEMBER 2019



KOVAR'S
SATORI ACADEMY
 FAMILY MARTIAL ARTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week #5 Theme - Health & Fitness Weekly Message – Good Attitude - Your attitude is contagious, is yours worth catching? / ABC's of Conflict Avoidance - Avoid Potentially Dangerous Situations	2 Labor Day All Academies Closed	3	4 Black Tip Testing Begins	5 Belt Promotions POCKET, LAGUNA & CAMERON PARK No Classes	6 Belt Promotions MADISON, GRANITE BAY, LEAD HILL, NATOMAS & WATERMAN No classes	7 Belt Promotions CARMICHAEL & LEAD HILL No classes <i>Black Belt Prep Starts</i>
Week #1 Theme - Knowledge of Curriculum Weekly Message - Having Good Self Control - A mighty person is one who has control over their emotions / 5 Rules of Personal Safety - Use Your Mind - Create Safe Habits	9	10	11	12	13 <i>Buddy Day</i>	14
Week #2 Theme - Attendance, Attitude & Protocol Weekly Message – Mind Over Emotion / Use Your Words - How to Talk to a Bully	16	17	18	19 Tailor Drop Off Pocket, Laguna & Natomas	20	21
Week #3 Theme - Spirit & Energy Weekly Message – Body Over Emotion / Use Your Legs - Chicken Versus Coward	23	24 Tailor Drop Off Waterman & Cameron Park	25	26 Tailor Drop Off Carmichael	27	28
Week #4 Theme - Basics & Application Weekly Message – Balance Over Emotion / Ask for Help—Tell a Teacher/Tell a Parent/Tell a Friend	30					

Carmichael/Fair Oaks (916) 481-4830
 Granite Bay (916) 791-7650
 Fair Oaks/Citrus Heights (916) 965-1561
 Roseville (North) (916) 789-1133
 Truxel/ Natomas (916) 419-9878

Pocket/Land Park (916) 391-0500
 Elk Grove/Laguna (916) 684-3283
 Cameron Park/Shingle Springs (530) 672-1958
 Waterman/ Elk Grove (916) 714-3390
Corporate Office (800) 645-3676 www.Kovars.com