



KOVAR'S

SATORI ACADEMY
MARTIAL ARTS & FITNESS

JULY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
WEEK #1 Character Development - Good Self Control School Safe/Street Safe - Use your mind Curriculum Password: courage			1	2	<div style="border: 2px solid black; background-color: #cccccc; padding: 10px; text-align: center;"> Holiday Closure ACADEMIES CLOSED </div>	
WEEK #2 Character Development - Mind over emotion School Safe/Street Safe - Use your words	6	7	8	9	10	11
WEEK #3 Character Development - Body over emotion School Safe/Street Safe - Use your legs	13	14	15	16	17	18
WEEK #4 Character Development - Balance over emotion School Safe/Street Safe - Ask for help	20	21	22	23	24	25
WEEK #5 Character Development - Words over emotion School Safe/Street Safe - Five Rules of Personal Safety Review	27	28	29	30	31	

Carmichael/Fair Oaks
 Granite Bay
 Fair Oaks/Citrus Heights
 Roseville (North)
 Truxel/ Natomas

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 Cameron Park/Shingle Springs
 Waterman/ Elk Grove
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