



Digital Dojo Schedule: Week of 3/30/2020

	Monday	Tuesday	Wednesday	Thursday	Saturday
5:30pm	Workout with Us Live All Ages and Ranks	Workout with Us Live All Ages and Ranks	Workout with Us Live All Ages and Ranks	Workout with Us Live All Ages and Ranks	10am: Live Workout All Ages and Ranks
Choose Your Time: Karate:	Training Log Workout of the week #1	Training Log Workout of the week #1	Training Log Workout of the week #1	Training Log Workout of the week #1	
Choose You Time: Jiu-Jitsu	Training Log Workout of the week #1	Training Log Workout of the week #2	Training Log Workout of the week #1	Training Log Workout of the week #2	

_____ Live Streaming Classes will be on our Private Facebook Group: Hickory Academy Family. Make sure to join this group.

_____ Wear your uniform and belt to class.

_____ Make a space you can move and workout, throw the stream onto your tv if possible.

_____ Fill out your training log, and keep them in a training notebook.

_____ Ask questions, ask for techniques, drills, or skills you want to see in our class.