


October 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Clean Kicks	2	3 Shadow Sparring
4	5	6	7	8	9	10
Prep Week: Basics, Kata and Self-Defense (Weapons in Pre/Masters)						
11	12	13	14	15	16	17
STRIPE WEEK!...STRIPE WEEK!...STRIPE WEEK!...STRIPE WEEK!...						
18	19 Breakfalls (Pre/Masters: Bo and Oar)	20 Super Slow Mo (Pre/Masters: Sai and Tonfa)	21 Pad Drills	22 Balance	23	24 Saturday Silliness
25	26 Kata Review	27 Kata Review	28 Kata Review	29 BELT GRADUATION:  Special Schedule	30	31 HALLOWEEN! Special Schedule. Come in costume!



*Colour Belt Graduation Schedule:
Graduation times will be posted the week before the graduation