


November 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Prep Week: Basics, Kata, Self-Defense and Weapons (Masters only)						
8	9	10	11	12	13	14
STRIPE WEEK!...STRIPE WEEK!...STRIPE WEEK!...STRIPE WEEK!...						
15	16	17	18	19	20	21
	Jump drills and Jump kicks!	Shadow Sparring	Be a sensei	Kicking drills		Clean basics
22	23	24	25	26	27	28
	Kata Review/Preview			BELT GRADUATION:  Special Schedule		Bob and Weave
29	30					
	Team Drills					



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