



**VIRTUAL CLASSES CALENDAR**

**JAN 2021**

	MON	TUE	WED	THU	FRI	SAT
<b>Date</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>White to Adv Yellow 3 to 7 years old</b>		4:30 - 5:00 Front / back stances		4:30 - 5:00 Shodan first 5 move		9:30 - 10:00 4 shutos
<b>White to Adv Yellow</b>	6:15 - 7:00 Heian shodan	5:15 - 6:00 Low block - lunge punch	6:15 - 7:00 BSD 1 -2 -3	5:15 - 6:00 4 shutos / back stance	6:15 - 7:00 Sparring: Bounce and punch	10:30 - 11:30 All belts Karate conditioning class
<b>Orange to Adv. Blue</b>	7:15 - 8:00 Heian Godan	6:15 - 7:00 Round House / Ax Kicks	7:15 - 8:00 BSD 1 - 3 - 5	6:15 - 7:00 Hook kicks / Spin kicks	7:15 - 8:00 BSD 7 - 9 - 10	
<b>Purple and up</b>	8:15 -9:00 Kicks Front / Side / Ax / Round	7:15 - 8:00 ISD 2 - 4 - 6 - 8	8:15 -9:00 Heian kata with Tonfa	7:15 - 8:00 Cut the angle combination	8:15 -9:00 Leg blocks Legs techniques	
<b>Shodan and Up</b>	9:00 - 9:30 Sanchin / Seiunchin		9:00 - 9:30 Yaragawa no Tonfa		9:00 - 9:30 ISD 2 - 4 - 6 - 8	
<b>Date</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>White to Adv Yellow 3 to 7 years old</b>		4:30 - 5:00 BSD 3		4:30 - 5:00 High / Middle / Low		9:30 - 10:00 BSD 1 - 2
<b>White to Adv Yellow</b>	6:15 - 7:00 Heian Nidan to first kiai	5:15 - 6:00 Kihon ISD - First 2/3 moves	6:15 - 7:00 Stances: Front/Back/Cat	5:15 - 6:00 High / Middle / Low / Outside / Shuto	6:15 - 7:00 Heian Shodan	10:30 - 11:30 All belts Karate conditioning class
<b>Orange to Adv. Blue</b>	7:15 - 8:00 Heian Sandan	6:15 - 7:00 Block / trap /strike	7:15 - 8:00 Heian Yodan	6:15 - 7:00 BSD 2- 4 - 6	7:15 - 8:00 Switch kicks	
<b>Purple and up</b>	8:15 -9:00 Sai basics	7:15 - 8:00 Jion	8:15 -9:00 Basai Dai	7:15 - 8:00 Make your own BSD	8:15 -9:00 Kihon ISD - First 2/3 moves	
<b>Shodan and Up</b>	9:00 - 9:30 Matayoshi no Sai		9:00 - 9:30 Sanseryu		9:00 - 9:30 ISD 1 -3 -5 -7 -9	
<b>Date</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>White to Adv Yellow 3 to 7 years old</b>		4:30 - 5:00 Heian shodan review		4:30 - 5:00 Break falls		9:30 - 10:00 Back stances
<b>White to Adv Yellow</b>	6:15 - 7:00 Breakfalls - Front / Side / Back	5:15 - 6:00 Heian Shodan Bunkai	6:15 - 7:00 Work your kicks!	5:15 - 6:00 Kihon H3/H4/H5	6:15 - 7:00 BSD1-2-3	10:30 - 11:30 All belts Karate conditioning class
<b>Orange to Adv. Blue</b>	7:15 - 8:00 Heian Nidan	6:15 - 7:00 BSD 6 - 8 - 10	7:15 - 8:00 Basai Dai	6:15 - 7:00 Work your kicks	7:15 - 8:00 Kihon on ISD 1-2-3	
<b>Purple and up</b>	8:15 -9:00 Tonfa basics	7:15 - 8:00 ISD 1-3-5-7-9	8:15 -9:00 BSD migi	7:15 - 8:00 Kicks combination	8:15 -9:00 Bo basics	
<b>Shodan and Up</b>	9:00 - 9:30 Yaragawa no Tonfa		9:00 - 9:30 ISD MigI		9:00 - 9:30 Tsukengawa no kon	
<b>- Stripe week -Stripe week - Stripe week - Stripe week - Stripe week - Stripe week - Stripe week -</b>						
<b>Date</b>	<b>MON 25</b>	<b>TUE 26</b>	<b>WED 27</b>	<b>THU 28</b>	<b>FRI 29</b>	<b>SAT 30</b>
<b>White to Adv Yellow 3 to 7 years old</b>		4:30 - 5:00 Review requirements		4:30 - 5:00 Assessment		9:30 - 10:00 Stances: front / Cat / Back
<b>White to Adv Yellow</b>	6:15 - 7:00 Revien requirements	5:15 - 6:00 Review requirements	6:15 - 7:00 Assessment	5:15 - 6:00 Assessment	6:15 - 7:00 Assessment	10:30 - 11:30 All belts Karate conditioning class
<b>Orange to Adv. Blue</b>	7:15 - 8:00 Revien requirements	6:15 - 7:00 Review requirements	7:15 - 8:00 Assessment	6:15 - 7:00 Assessment	7:15 - 8:00 Assessment	
<b>Purple and up</b>	8:15 -9:00 Revien requirements	7:15 - 8:00 Review requirements	8:15 -9:00 Assessment	7:15 - 8:00 Assessment	8:15 -9:00 Assessment	
<b>Shodan and Up</b>	9:00 - 9:30 Revien requirements		9:00 - 9:30 Assessment		9:00 - 9:30 Assessment	