



VIRTUAL CLASSES CALENDAR

MAY 2021

Date	MON 26	TUE 27	WED 28	THU 29	FRI 30	SAT 1
White to Adv Yellow 3 to 7 years old						9:30 - 10:00 Assessment
White to Adv Yellow						10:30 - 11:30 All belts Karate conditioning class
Orange to Adv. Blue						
Purple and up						
Shodan and Up						
Date	MON 3	TUE 4	WED 5	THU 6	FRI 7	SAT 8
White to Adv Yellow 3 to 7 years old		4:30 - 5:00 BSD 3 - 4		4:30 - 5:00 Nidan to 1st kiai		9:30 - 10:00 BSD 1 - 2 - 3 - 4
White to Adv Yellow	6:15 - 7:00 Bunkai Shodan	5:15 - 6:00 Kihon Nidan second half	6:15 - 7:00 Switch kicks	5:15 - 6:00 Heian Shodan & Migi	6:15 - 7:00 Seishin shodan	10:30 - 11:30 All belts Karate conditioning class
Orange to Adv. Blue	7:15 - 8:00 Heian nidan / sandan	6:15 - 7:00 Sanbon Kumite	7:15 - 8:00 BSD 1-3-5-7-9 MIGI	6:15 - 7:00 Seishin shodan	7:15 - 8:00 Basai- Dai first half	
Purple and up	8:15 -9:00 Switch Kicks Front / Side / Ax / Round	7:15 - 8:00 Sai basics	8:15 -9:00 Sanchin and Tensho	7:15 - 8:00 Sanbon kumite	8:15 -9:00 Mixed ISD	
Shodan and Up		8:00 - 8:30 Matayoshi no Sai		8:00 - 8:30 Go eku no eku		
Date	MON 10	TUE 11	WED 12	THU 13	FRI 14	SAT 15
White to Adv Yellow 3 to 7 years old		4:30 - 5:00 Heian shodan review		4:30 - 5:00 Break falls		9:30 - 10:00 Work your legs
White to Adv Yellow	6:15 - 7:00 Breakfalls - Front / Side / Back	5:15 - 6:00 Kihon H3/H4/H5	6:15 - 7:00 Kicks combination	5:15 - 6:00 Heian nidan bunkai	6:15 - 7:00 BSD1-2-3	10:30 - 11:30 All belts Karate conditioning class
Orange to Adv. Blue	7:15 - 8:00 Heian Godan	6:15 - 7:00 BSD 4 - 6 - 8 - 10	7:15 - 8:00 Basai Dai second half	6:15 - 7:00 Work your kicks	7:15 - 8:00 Kihon on ISD 1-2-3	
Purple and up	8:15 -9:00 ISD 1-3-5-7-9 MIGI	7:15 - 8:00 Suishi no kon	8:15 -9:00 Basai Dai / Jion MIGI	7:15 - 8:00 Kanku Sho	8:15 -9:00 Seishin shodan	
Shodan and Up		8:00 - 8:30 Tsukengawa no kon		8:00 - 8:30 Sanseiru		
Date	MON 17	TUE 18	WED 19	THU 20	FRI 21	SAT 22
White to Adv Yellow 3 to 7 years old		4:30 - 5:00 Front / Back /Cat. Horse stances		4:30 - 5:00 Shodan		No Classes Victoria Day long weekend
White to Adv Yellow	6:15 - 7:00 Sparring: Jab/cross /hook/uppercuts	5:15 - 6:00 Kihon ISD	6:15 - 7:00 Shodan - 5 counts	5:15 - 6:00 Crane / Kozadachi stances	6:15 - 7:00 Kihon ISD 1-2-3	
Orange to Adv. Blue	7:15 - 8:00 BSD invent new ending	6:15 - 7:00 Kihon ISD 1- 5	7:15 - 8:00 Heian Yodan / Godan	6:15 - 7:00 Sparring training	7:15 - 8:00 Kihon ISD 6 - 10	
Purple and up	8:15 -9:00 Leg blocks Legs techniques combination	7:15 - 8:00 Jion / Empi	8:15 -9:00 Jion / Empi	7:15 - 8:00 Kihon Tokuyama Tonfa	8:15 -9:00 Jion / Empi	
Shodan and Up		8:00 - 8:30 Maezato no tekko		8:00 - 8:30 Yaragawa no Tonfa		
Date	MON 24	TUE 25	WED 26	THU 27	FRI 28	SAT 29
White to Adv Yellow 3 to 7 years old	No Classes Victoria Day long weekend	4:30 - 5:00 Review requirements		4:30 - 5:00 Assessment		9:30 - 10:00 Assessment
White to Adv Yellow		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
Orange to Adv. Blue		6:15 - 7:00 Review requirements	7:15 - 8:00 Assessment	6:15 - 7:00 Assessment	7:15 - 8:00 Assessment	
Purple and up		7:15 - 8:00 Review requirements	8:15 -9:00 Assessment	7:15 - 8:00 Assessment	8:15 -9:00 Assessment	
Shodan and Up			8:00 - 8:30 Tsukengawa no kon		8:00 - 8:30 Goju Ryu Katas	

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