


May 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Bring a Buddy Week! May 17th to 20th Share your love of karate by inviting your friends and family members to join you in classes all week long. Guests must register to attend class but may attend as many classes as they wish all week.</p>					<p>1 Pad (Pillow) Power</p>
2	3	4	5	6	7	<p>8 Samurai Training!</p>
<p>Prep Week: Basics, Kata and Self-Defense</p>						
9	10	11	12	13	14	15
<p>STRIPE WEEK!...STRIPE WEEK!...STRIPE WEEK!...STRIPE WEEK!...</p>						
16	<p>17 Create a Kata</p>	<p>18 Clean Kicks</p>	<p>19 Strikes, Blocks, Locks and Chokes</p>	<p>20 Speed drills</p>	<p>21</p>	<p>22 Closed Victoria Day Weekend</p>
23	<p>24 Closed Victoria Day Weekend</p>	<p>25 Kata Review/Preview</p>		<p>27 BELT GRADUATION:  Special Schedule</p>	<p>28</p>	<p>29 Combat Conditioning - 10 am All regular classes cancelled Friends and Family members welcome!</p>
30	<p>31 Superhero day! Wear your favorite superhero costume or shirt!</p>					



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