



VIRTUAL CLASSES CALENDAR

JULY 2021

	MON 28	TUE 29	WED 30	THU 1	FRI 2	SAT 3
White to Adv Yellow	4:30 - 5:00 Assessment	4:30 - 5:00 Assessment	4:30 - 5:00 Assessment	Dojo Closed		
White to Adv Yellow	5:15 - 6:00 Assessment	5:15 - 6:00 Assessment	5:15 - 6:00 Assessment			
Orange to Adv. Blue	6:15 - 7:00 Assessment	6:15 - 7:00 Assessment	6:15 - 7:00 Assessment			
Purple and up	7:15 - 8:00 Assessment	7:15 - 8:00 Assessment	7:15 - 8:00 Assessment			
Shodan and Up	7:15 - 8:30 Wandsu Dai		7:15 - 8:30 Yaragawa no tonfa			
	MON 5	TUE 6	WED 7	THU 8	FRI 9	SAT 10
White to Adv Yellow	4:30 - 5:00 BSD 1	4:30 - 5:00 Kata review	4:30 - 5:00 BSD 3	4:30 - 5:00 Nidan to 1st kiai	4:30 - 5:00 Work with partner (distance!)	9:30 - 10:00 BSD 1 - 2 - 3 - 4
White to Adv Yellow	5:15 - 6:00 Shodan - Speed	5:15 - 6:00 Kihon Nidan second half	5:15 - 6:00 Sparring foot work	5:15 - 6:00 High / Middle / Low / Outside / 4 Shuto	5:15 - 6:00 Heian Shodan Migi	10:30 - 11:30 All belts Karate conditioning class
Orange to Adv. Blue	6:15 - 7:00 Heian Sandan	6:15 - 7:00 BSD 1 - 3 - 5 - 7 - 9	6:15 - 7:00 Sanbon kumite	6:15 - 7:00 Seishin shodan	6:15 - 7:00 Switch kicks	
Purple and up	7:15 - 8:00 Bo basics	7:15 - 8:00 Jion / Empi	7:15 - 8:00 Sanchin	7:15 - 8:00 Mix ISD	7:15 - 8:00 Seichin shodan review	
Shodan and Up	7:15 - 8:30 Ufugusuku no Kon		7:15 - 8:30 Seiunchin		7:15 - 8:30 Kumite training	
	MON 12	TUE 13	WED 14	THU 15	FRI 16	SAT 17
White to Adv Yellow	4:30 - 5:00 BSD 2 and 4	4:30 - 5:00 Kicks!	4:30 - 5:00 Seishin shodan part 1 and 2	4:30 - 5:00 Work with partner	4:30 - 5:00 Be the teacher!	9:30 - 10:00 High level kata kihon
White to Adv Yellow	5:15 - 6:00 ISD Kihon	5:15 - 6:00 Kihon H3/H4/H5	5:15 - 6:00 Work your kicks!	5:15 - 6:00 Heian shodan bunkai	5:15 - 6:00 BSD1-2-3	10:30 - 11:30 All belts Karate conditioning class
Orange to Adv. Blue	6:15 - 7:00 Heian Yodan	6:15 - 7:00 BSD change endings	6:15 - 7:00 Basai Dai first half	6:15 - 7:00 Work your kicks	6:15 - 7:00 Kihon on ISD 4 - 5 - 6	
Purple and up	7:15 - 8:00 Kanku-dai	7:15 - 8:00 ISD 1 --> 10	7:15 - 8:00 Speed exercices	7:15 - 8:00 Double kicks combination	7:15 - 8:00 Nunchako (intro)	
Shodan and Up	7:15 - 8:30 Go Eku no Eku		7:15 - 8:30 Maezato no Tekko		7:15 - 8:30 Uchinan no nunchako	
	MON 19	TUE 20	WED 21	THU 22	FRI 23	SAT 24
White to Adv Yellow	4:30 - 5:00 Breakfalls - Front / Side / Back	4:30 - 5:00 Heian shodan review	4:30 - 5:00 45 / 90 / 180 Turns	4:30 - 5:00 Review requirements	4:30 - 5:00 Review requirements	9:30 - 10:00 Review requirements
White to Adv Yellow	5:15 - 6:00 Breakfalls - Front / Side / Back	5:15 - 6:00 Kicks combination	5:15 - 6:00 45 / 90 / 180 Turns	5:15 - 6:00 Review requirements	5:15 - 6:00 Review requirements	10:30 - 11:30 All belts Karate conditioning class
Orange to Adv. Blue	6:15 - 7:00 Heian Godan	6:15 - 7:00 BSD 6 - 8 - 10	6:15 - 7:00 High level kata!	6:15 - 7:00 Review requirements	6:15 - 7:00 Review requirements	
Purple and up	7:15 - 8:00 Kanku-Sho	7:15 - 8:00 Heian kata bunkai	7:15 - 8:00 Basai Dai MIGI	7:15 - 8:00 Review requirements	7:15 - 8:00 Review requirements	
Shodan and Up	7:15 - 8:30 Seisan		7:15 - 8:30 ISD flow		7:15 - 8:30 Choose your weapon	
	MON 26	TUE 27	WED 28	THU 29	FRI 30	SAT 31
	- Stripe week -Stripe week - Stripe week - Stripe week - Stripe week - Stripe week -					
White to Adv Yellow	4:30 - 5:00 Assessment	4:30 - 5:00 Assessment	4:30 - 5:00 Assessment	4:30 - 5:00 Assessment	4:30 - 5:00 Assessment	No Classes August long weekend
White to Adv Yellow	5:15 - 6:00 Assessment	5:15 - 6:00 Assessment	5:15 - 6:00 Assessment	5:15 - 6:00 Assessment	5:15 - 6:00 Assessment	
Orange to Adv. Blue	6:15 - 7:00 Assessment	6:15 - 7:00 Assessment	6:15 - 7:00 Assessment	6:15 - 7:00 Assessment	6:15 - 7:00 Assessment	
Purple and up	7:15 - 8:00 Assessment	7:15 - 8:00 Assessment	7:15 - 8:00 Assessment	7:15 - 8:00 Assessment	7:15 - 8:00 Assessment	
Shodan and Up	7:15 - 8:30 Review requirement's		7:15 - 8:30 High level Bo kata		7:15 - 8:30 BO vs. Sai	