



October 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Jump Kicks
3	4 Prep Week: Basics, Kata and Self-Defense	5	6 Pre/Masters: Tonfa	7 Kumite (Sparring)	8	9 Stances Pre/Masters: Sai
10	11	12	13	14	15	16
 STRIPE WEEK!...STRIPE WEEK!...STRIPE WEEK!...STRIPE WEEK!...						
17	18 Crazy Kata Pre/Masters: Bo	19 Break Falls	20 Kumite (Sparring)	21 Pad/Pillow Power	22	23 Clean Basics
24	25 100 Kata Challenge (Special schedule for Pre/Masters and adults)	26	27 Kata Preview/Review Pre/Masters: Short Sticks Black Belts: Knife	28 BELT GRADUATION:  Special Schedule	29	30 Halloween Karate! Come dressed in costume! Prizes and Candy! Special schedule and registration required
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*Colour Belt Graduation Schedule:
Graduation times will be posted the week before the graduation