


# January 2022

★ -Sparring Gear Required

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 HAPPY NEW YEAR!
2	3	4	5	6	7	8
Dojo Closed						
9	10 Prep Week: Basics, Kata and Self-Defense	11	12	13 Kumite (Sparring) ★	14	15 Saturday Funday!
16	17	18	19	20	21	22
STRIPE WEEK!...STRIPE WEEK!...STRIPE WEEK!...STRIPE WEEK!...						
23	24 Clean Kicks	25 Kumite (Sparring)	26 Kate Preview/Review	27 BELT GRADUATION:  Special Schedule	28	29 Speed Drills
30	31 Martial Conditioning					



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