



VIRTUAL CLASSES CALENDAR

JANUARY 2022

	MON 3	TUE 4	WED 5	THU 6	FRI 7	SAT 8
White to Adv Yellow	Statutory Holyday	4:30 - 5:00 Front / Back /Cat. Horse stances		4:30 - 5:00 Shodan		9:30 - 10:00 Hooks and uppercuts
White to Adv Yellow		5:15 - 6:00 Kihon ISD	6:15 - 7:00 BSD 1 -2 -3	5:15 - 6:00 Front / Back /Cat. Horse stances	6:15 - 7:00 Sparring: Jab/cross /hook/uppercuts	10:30 - 11:30 All belts Karate conditioning
Orange to Adv. Blue		6:15 - 7:00 BSD 2 / 4 / 6 / 8 / 10	7:15 - 8:00 Sparring training	6:15 - 7:00 Fast turns 45 / 90 / 180	7:15 - 8:00 BSD invent new ending	
Purple and up		7:15 - 8:00 ISD 2 - 4 - 6 - 8 -10	8:15 -9:00 Kihon Tokuyama Tonfa	7:15 - 8:00 Cut the angle combination	8:15 -9:00 Leg blocks Legs techniques	
Shodan and Up		8:00 - 8:30 Seiunchin		8:00 - 8:30 Ufugusku no Kon		
	MON 10	TUE 11	WED 12	THU 13	FRI 14	SAT 15
White to Adv Yellow	6:15 - 7:00 Nidan to first kiai 7:15 - 8:00 Heian Nidan & Migi 8:15 -9:00 Switck Kicks Front / Side / Ax / Round	4:30 - 5:00 BSD 3		4:30 - 5:00 Nidan to 1st kiai		9:30 - 10:00 BSD 1 - 2 - 3 - 4
White to Adv Yellow		5:15 - 6:00 Kihon Nidan second half	6:15 - 7:00 Sparring foot work	5:15 - 6:00 High / Middle / Low / Outside / 4 Shuto	6:15 - 7:00 Heian Shodan Migi	10:30 - 11:30 All belts Karate conditioning
Orange to Adv. Blue		6:15 - 7:00 BSD 1 - 3 - 5 -7 -9	7:15 - 8:00 Sanbon kumite	6:15 - 7:00 Seishin shodan	8:00 - 8:30 Switch kicks	
Purple and up		7:15 - 8:00 Jion / Empi	8:15 -9:00 Goju ryu forms	7:15 - 8:00 Mix ISD	8:15 -9:00 Seichin shodan review	
Shodan and Up		8:00 - 8:30 Matayoshi no Sai		8:00 - 8:30 Sepai		
	MON 17	TUE 18	WED 19	THU 20	FRI 21	SAT 22
White to Adv Yellow	6:15 - 7:00 ISD Kihon 7:15 - 8:00 Heian Yodan 8:15 -9:00 Kanku-dai	4:30 - 5:00 Kicks!		4:30 - 5:00 Work with partner		9:30 - 10:00 High level kata kihon
White to Adv Yellow		5:15 - 6:00 Kihon H3/H4/H5	6:15 - 7:00 Work your kicks!	5:15 - 6:00 Heian shodan bunkai	6:15 - 7:00 BSD1-2-3	10:30 - 11:30 All belts Karate conditioning
Orange to Adv. Blue		6:15 - 7:00 BSD change endings	7:15 - 8:00 Basai Dai first half	6:15 - 7:00 Work your kicks	7:15 - 8:00 Kihon on ISD 4 - 5 - 6	
Purple and up		7:15 - 8:00 ISD 1 --> 10	8:15 -9:00 Speed exercices	7:15 - 8:00 Double kicks combination	8:15 -9:00 Mawashi blocks and application	
Shodan and Up		8:00 - 8:30 Go Eku no Eku		8:00 - 8:30 Yaragawa no tonfa		
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	MON 24	TUE 25	WED 26	THU 27	FRI 28	SAT 29
White to Adv Yellow	6:15 - 7:00 Assessment 7:15 - 8:00 Assessment 8:15 -9:00 Assessment	4:30 - 5:00 Assessment		4:30 - 5:00 Assessment		9:30 - 10:00 Review requirements
White to Adv Yellow		5:15 - 6:00 Assessment	6:15 - 7:00 Assessment	5:15 - 6:00 Assessment	6:15 - 7:00 Assessment	10:30 - 11:30 All belts Karate conditioning
Orange to Adv. Blue		6:15 - 7:00 Assessment	7:15 - 8:00 Assessment	6:15 - 7:00 Assessment	7:15 - 8:00 Assessment	
Purple and up		7:15 - 8:00 Assessment	8:15 -9:00 Assessment	7:15 - 8:00 Assessment	8:15 -9:00 Assessment	
Shodan and Up		8:00 - 8:30 Assessment		8:00 - 8:30 Assessment		