


March 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	S Learn or review your self-defence requirements 1	K Learn or review your required Kata Pre/Masters: Weapon Sai 2	S Sparring drills 3	K	S Take down 5
S Kata Specific Bunkai 7	K Work with pads 8	S Spin and skipping kicks 9	K Team Kata Pre/Masters: Weapon Bo 10	S	K Kata Migi 12
K Kata Focus 14	S Sparring 15	K Kihon higher level kata 16	S Cut the angle combination Hands Blocks / Parry 17	K	S Novice: Touchless kumite BBM/MAS: Sparring 19
S	K	S	K	S	K
Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing					
21	22	23	24	25	Pre/Masters: Knife / Stick Flow 26
K Be a sensei 28	S Bunkai 29	K 5 / 8 count Kata 30	S COLOUR BELT EXAM  No Regular Classes 31		