
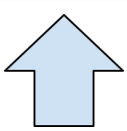


June 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		S Learn / improve your new self-defence 1	K Learn / improve your new Kata Pre/Mas: Bring your weapons 2	S	K Bunkai flow - Katas 4
K Make your own kata Pre/Mas: Weapon Tonfa 6	S Seishin shodan - Speed drills 7	K Team kata 8	S Speed /group self defence 9	K	S School closed due to the All dojo NKS Black belt grading
S Intermediate Self Defence 13	K 5 / 8 count katas 14	S Take down Pre/Mas: Sai 15	K Make your own bunkai 16	S	K Kata Migi Pre/Mas: BO 7
K	S	K	S	K	S
Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing					
	20	21	22	23	24
S Work with pads 27	K Conditioning 28	S Open training 29	K COLOUR BELT EXAM  No Regular Classes 30		BBM/Pre/Mas: Intro to Savate 14
					 Bring your sparring gears