


# July 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				K	S
				<b>Canada Day Weekend Dojo closed</b>	
				1	2
S <b>Learn or review your self-defence requirements</b> 4	K <b>Learn or review your required Kata</b> 5	S <b>Intermediate Self Defence</b> 6	K <b>Team Kata</b> Pre/Mas: Weapon Tonfa 7	S	K <b>Kata Migi</b> 9
K <b>Sanbon Kumite</b> Pre/Mas: Sai 11	S <b>Sparring</b> 12	K <b>Kicks !!</b> Pre/Mas: Nunchaku 13	S <b>Speed self -defence Multiple attackers</b> 14	K	S <b>Bunkai</b> 16
S	K	S	K <b>COLOUR BELT EXAM</b>  No Regular Classes 21	S	K <b>Basics Conditioning</b> BBM/Pre/Mas: Stick Flow 23
<b>Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing</b>					
18	19	20	21	22	23
K	S	K	S	K	S
<b>Dojo Annual Closure - Summer Vacation</b>					
25	26	27	28	29	30