


August 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
K	S	K	S	K	S
Dojo Annual Closure - Summer Vacation					
1	2	3	4	5	6
S	K	S	K	S	K
Classes resume Circuit training	5/8 count Kata Goju Kata (PreMas +)	Seishin Shodan Pre/Mas: Bo	Back to Basics'		Work your kata
8	9	10	11	12	13
K	S	K	S	K	S
Kicks / Kicks and more spin Kicks Pre/Mas: Sai	Sparring	Bunkai	Int. Self-Defense		Basic Self-defense
15	16	17	18	19	20
S	K	S	K	S	K
Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing					
22	23	24	25	26	27
K	S	K			
Conditioning	Ground work	Kata Migi Pre/Mas: Tonfa	COLOUR BELT EXAM  No Regular Classes		
29	30	31			