

October 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					S Sanbon Kumite
S Learn your required Self-Defense 3	K Circuit training 4	S Sanbon Kumite 5	K Learn or improve your required kata Pre/Mas: Sai 6	S	K 5/8 count Kata Goju Kata (PreMas +) 8
K Thanksgiving School Closed 10	S Take-down 11	K Kihon higher level kata Pre/Mas: Bo 12	S Ground work 13	K	S Sparring 15
S	K	S	K	S	K
Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing					
17	18	19	20	21	K Knife Self-Defence 22
K Open Training 24	S Create your own self defence 25	K Bunkai Pre/Mas: Tonfa 26	K COLOUR BELT EXAM No Regular Classes 27	S	S Create your own self defence 29



OCT 10
Thanksgiving
School Closed

OCT 27
Colour belt exam -
No regular classes

OCT 31
Halloween Dojo Closed
Be safe!

SEPT-OCT
Friends and Family months

Get NKS Sailor Drawstring Sling Bag when referring a friend or family member who activates a new membership

