

# February 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Learn / improve your new self-defence	Learn / improve your new Kata		Bunkai flow - Katas
					Pre/Mas: BO
Make your own kata	Kicking flow	Team kata	Sparring		BSD 1- 5
Pre/Mas: Weapon Tonfa					
Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing					
		Pre/Mas: Sai			HAPPY FAMILY Day
					NO CLASSES
HAPPY FAMILY Day	BBM: BSD 6-10 Pre/MAs: ISD 1-5	5 / 8 count katas	COLOUR BELT EXAM		Sparring
NO CLASSES		Pre/Mas: Bring your weapons	No Regular Classes		
Work with pads - Sparring	Be a sensei				

Bring your sparring gears on days highlighted in red