

February 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Learn / improve your new self-defence	Learn / improve your new Kata	BSD 1- 5	Bunkai flow - Katas
		1	2	3	4
Make your own kata Pre/Mas: Weapon Tonfa	Kicking flow	Your next Kata Kihon!	Sparring	Sanbon Kumite	Multiple attacker self defence Pre/Mas: BO
6	7	8	9	10	11
Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing					HAPPY FAMILY Day NO CLASSES
13	14	Pre/Mas: Sai	15	16	17
HAPPY FAMILY Day NO CLASSES	BBM: BSD 6-10 Pre/MAs: ISD 1-5	5 / 8 count katas Pre/Mas: Bring your weapons	COLOUR BELT EXAM No Regular Classes	Team kata	Sparring
21	22	23	24	25	
Work with pads - Sparring	Be a sensei	Bring your sparring gears on days highlighted in red			
27	28				