

# January 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	K Back to Basics - Kata 3	S Learn / improve your new self-defence 4	K Learn / improve your new Kata Pre/Mas: Bring your weapons 5	S BSD 1- 5 6	K Bunkai flow - Katas Pre/Mas: BO 7
K Make your own kata Pre/Mas: Weapon Tonfa 9	S Seishin shodan - Speed drills / sparring 10	K Team kata 11	S Speed /group self defence 12	K Sanbon Kumite 13	S BSD 6-10 14
S	K	S	K	S	K
Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing					
16	17	Pre/Mas: Sai 18	19	20	21
K Kata Migi 23	S BBM: BSD 6-10 Pre/MAs: ISD 1-5 24	K 5 / 8 count katas 25	S COLOUR BELT EXAM  No Regular Classes 26	K Be the sensei 27	S Sparring BBM/Pre/Mas: Intro to Savate 28
S Work with pads - Sparring 30	K Conditioning 31				

Bring your  
sparring gears on  
days highlighted in  
red