



# March 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		s <b>Learn / improve your new self-defence</b> Pre/Mas: BO 1	k <b>Learn / improve your new Kata</b> 2	s Exclusive Adults (12:00PM) and Pre-Mas/Mas (1PM) workshop with National Director and NKS founder Hanshi Cezar Borkowski (Family class cancelled) 	k Make your own Bunkai 11
k <b>Make your own kata</b> Pre/Mas: Weapon Tonfa 6	s <b>BBM: BSD 1-5</b> <b>Pre/MAS: ISD 6-10</b> 7	k <b>Improve Stances and turns</b> 8	s <b>Sparring</b> 9	k 10	k <b>Sparring</b> Savate sparring with Silver Glove Shawn Gliddon. All adults 12:00PM to 1:30PM (Family class cancelled) 18
s <b>BBM: BSD 6-10</b> <b>Pre/MAS: ISD 1-5</b> 13	k <b>Blocks and chokes</b> 14	s <b>Spin kicks / Jump Kicks</b> Pre/Mas: Sai 15	k <b>Team kata</b> 16	s 16	k 18
<b>Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing</b>					
	21	22	23	24	Pre/Mas: Bring your weapons 5
s <b>Work with pads - Sparring</b> 27	k <b>Circuit training</b> 28	s <b>Multiple attackers SD</b> 29	k <b>COLOUR BELT EXAM</b>  No Regular Classes 30	s 31	