


March 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		S Learn / improve your new self-defence Pre/Mas: BO	K Learn / improve your new Kata	S Blocks with legs	
K Make your own kata Pre/Mas: Weapon Tonfa	S BBM: BSD 1-5 Pre/MAS: ISD 6-10	K Improve Stances and turns	S Sparring	K Be a sensei	S Make your own Bunkai
S BBM: BSD 6-10 Pre/MAS: ISD 1-5	K Blocks and chokes	S Spin kicks / Jump Kicks Pre/Mas: Sai	K Team kata	S Pound the pads on St Patty's! 	K Sparring
Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing					
					S Pre/Mas: Bring your weapons
S Work with pads - Sparring	K Circuit training	S Multiple attackers SD	K COLOUR BELT EXAM  No Regular Classes	S Open training	

Exclusive **Adults (12:00PM)** and **Pre-Mas/Mas (1PM)** workshop with National Director and NKS founder Hanshi Cezar Borkowski
****LESLIEVILLE DOJO****

Savate sparring with Silver Glove Shawn Gliddon.
All adults 12:00PM to 1:30PM
****LESLIEVILLE DOJO****