



# MARCH 2023

**Camp Black Belt March Break (single days available) -- March 13 - 17**  
**Visit from Head of NKS HANSHI CEZAR BORKOWSKI**  
**Coming soon: Tournament and Picture Day!**

SUN	MON	TUE	WED	THU	FRI	SAT	
<b>ALWAYS BE READY, BRING SPARRING GEAR TO EVERY CLASS</b>			<b>Intermediate SD locks 6-10</b> <small>DAY 4</small>	<b>Intermediate Self-defence 6-10</b> <small>DAY 5</small>	<b>Kata with stances only</b> <small>DAY 6</small>	<b>Upper body techniques</b> <small>DAY 1</small>	
		<b>STRIPE TESTING</b>		<b>STRIPE TESTING</b>		<b>STRIPE TESTING</b>	
		Point sparring in class	Sweeps	Intermediate SD 1-5	Black Belt Kata preview: Wansu Dai	Focus on basics	Obstacle course
	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
	<small>DAY 3</small>	<small>DAY 4</small>	<small>DAY 5</small>	<small>DAY 6</small>	<small>DAY 1</small>	<small>DAY 2</small>	
	<b>MARCH BREAK CAMP</b>				<b>MARCH BREAK CAMP</b>		<b>Point sparring Mini tournament</b>
	Arm bars galore	Adv. Self-defence sets	2-person Kata puzzle	Advanced stances	Blending boxing with Karate		
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	
	<small>DAY 4</small>	<small>DAY 5</small>	<small>DAY 6</small>	<small>DAY 1</small>	<small>DAY 2</small>	<small>DAY 3</small>	
	<b>STRIPE TESTING</b>		<b>STRIPE TESTING</b>		<b>STRIPE TESTING</b>		
	Basic self-defence	Kobudo Kata review	90° & 180° turns	Multi level kicks on the pads	Sparring blitz	Grading day	
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	
<small>DAY 5</small>	<small>DAY 6</small>	<small>DAY 1</small>	<small>DAY 2</small>	<small>DAY 3</small>	<small>DAY 4</small>		
	<b>Learn your next Kata</b>	<b>Line drills</b>	<b>Bunkai on pads</b>	<b>Spar a Black belt</b>	<b>Breakfalls</b>		
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
<small>DAY 6</small>	<small>DAY 1</small>	<small>DAY 2</small>	<small>DAY 3</small>	<small>DAY 4</small>			