

# FEB 2024



MON	TUE	WED	THU	FRI	SAT
			K Learn / improve your new Kata 1		K Sanbon Kumite 3
K Kata Migi 5	S Sparring 6	K Kihon higher level kata Kihon / Bo Kumite 1-5 7	S Learn / improve your new Self Defence 8		S Sparring 10
S Novice / BBM: BSD MAS: ISD / ISD MIGI 12	K Conditionning drills Circuit training 13	S Pad Work 14	K Sanbon Kumite 15		K Study your Kata - Bunkai 17
K Family day - School closed 19	S - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing -				S
	S Tonfa 20				24
S Blocks and trap Short Weapon 26	K Joint locks 27	S Take down 28	K COLOUR BELT EXAM No Regular Classes 29		

**Feb 6 and 10**  
Sparring!  
Bring your sparring equipment.

**Feb 19**  
Family day  
No regular classes

**Feb 29**  
Colour Belt Exam  
No regular classes

**January / February**  
Friends and Family Months  
Refer a friend or family member to our dojo and when they enrol in one of our regular programs you will receive a \$50 NKS credit.