

APR 2024



MON	TUE	WED	THU	FRI	SAT
S School Closed Easter Monday 1	S Learn / improve your new Self Defence 2	K Learn / improve your new Kata Nunchaku 3	S Sparring 4		S Conditioning drills Circuit training 6
S Knife/Stick Self-Defense 8	K Sanbon Kumite Sai 9	S Multiple attackers self defence 10	K Review old Kata 11		K Kihon High level Kata 13
K	S	K	S		S
- Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing -					
15	16	17	18	19	20
S Novice / BBM: BSD MAS: ISD / ISD MIGI 22	K Teach your kata 23	S Block and trap Tonfa 24	K COLOUR BELT EXAM No Regular Classes 25		K Sparring 27
K Pad work - Small and large 29	S Sparring 30				

April 1
Easter
Weekend.
No regular
classes.

**April 4, 27,
and 30**
Sparring!
Bring your
sparring
equipment.

**April 15 -
April 20**
Stripe week!

April 25
Colour belt
exam.
No regular
classes.

April 28
NKS
Friendship
tournament

**NORTHERN KARATE
FRIENDSHIP TOURNAMENT**
SUNDAY, APRIL 28TH, 2024

**EVERY STUDENT
RECEIVES A
TROPHY**

MEDALS ARE AWARDED
FOR 1ST, 2ND & 3RD PLACE




SCAN TO REGISTER