NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 PARTNER DRILLS	3 BELT GRADUATION NO REGULAR CLASSES	4 SPARRING	5 TIMED PAD DRILLS	6 BO DRILLS	7 BULLYPROOF!
9 PADS: HANDS ONLY	10 SPARRING	11 COMBAT FITNESS AT 7:50 WITH RENSHI BRANDON -NO GI	12 GROUND BASICS AND DRILLS	13 LADDER DRILLS	14 BULLYPROOF!
16 STRIPE WEEK	17 HEIAN KATA DRILLS STRIPE WEEK	18 KIDS COMBAT FITNESS 8&UP AT 6:30 WITH RENSHI BRANDON - NO GI STRIPE WEEK	19 SD: THROWS STRIPE WEEK	20 SPARRING STRIPE WEEK	21 BULLYPROOF! STRIPE WEEK
23 ONE STEP SPARRING	24 OAR BASICS & KATA	25 COMBAT FITNESS AT 7:50 WITH RENSHI BRANDON -NO GI	26 SPARRING	27 CIRCUIT TRAINING	28 BULLYPROOF!
30 SPARRING					

ANNOUCEMENTS

BULLYPROOF!

EVERY SATURDAY DURING KIDS NOVICE AND 12:00-12:30PM SELF DEFENCE CLASS, STUDENTS WILL LEARN PRACTICAL SELF-DEFENCE TECHNIQUES, HOW TO USE THEIR VOICE WITH CONFIDENCE, AND HOW TO RECOGNIZE AND UNDERSTAND DIFFERENT FORMS OF BULLYING.

BUILD CONFIDENCE. FIND YOUR VOICE. STAND STRONG!

HOLIDAY TOY DRIVE!

HELP US SPREAD A LITTLE HOLIDAY CHEER! WE'RE COLLECTING NEW, UNWRAPPED TOYS AND GIFTS FOR CHILDREN AND TEENS IN NEED THIS HOLIDAY SEASON.

STUDENTS AND FAMILIES ARE WELCOME TO DROP OFF THEIR DONATIONS IN OUR TOY DRIVE BIN AT THE DOJO.

LET'S COME TOGETHER AND MAKE THE HOLIDAYS A LITTLE BRIGHTER FOR THOSE IN NEED!