





January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>HAVE YOU BEEN WATCHING YOUR KIDS DO KARATE AND SAYING "I WOULD LOVE TO DO THAT?" 2019 IS THE YEAR TO PUT THOUGHTS INTO ACTIONS. TRY A CLASS FOR FREE!</p>		1	2	3	4	5
		<p>Happy New Year</p>	<p>Dojo Closed for yearly cleaning maintenance</p>		<p>WELCOME BACK Get Back to Basics, learn your syllabus for BLACK BELT</p>	
6	7	8	9	10	11	12
<p>This week find out what you know and what need to work on.</p>	<p>Kata Testing</p>	<p>Self Defence Testing</p>	<p>Self Defence Testing</p>	<p>Kata Testing</p>	<p>Sparring Testing </p>	<p>Sparring Testing </p>
<p>January 7th to 12th Novice & BBM STRIPE WEEK January 7th to 12th</p>						
13	14	15	16	17	18	19
<p>This week Learn your Heian katas and basic self defence series.</p>	<p>Heian Shodan Basic Self Defence 1/6</p>	<p>Heian Nidan Basic Self Defence 2/7</p>	<p>Heian Sandan Basic Self Defence 3/8</p>	<p>Heian Yondan Basic Self Defence 4/9</p>	<p>Heian Godan Basic Self Defence 5/10</p>	<p>Heian Mix Up Sparring Saturday</p>
20	21	22	23	24	25	26
<p>This week learn a higher level kata and review your intermediate series sd.</p>	<p>Bassai Dai Int SD 1/6</p>	<p>Jion Int SD 2/7</p>	<p>Enpi Int SD 3/8</p>	<p>Kanku Dai Int SD 4/9</p>	<p>Kanku Sho Int SD 5/10</p>	<p>Advanced Kata & Self Defence Review</p>
27	28	29	30	31		
<p>Celebration Week January 28th - 31st</p>	<p>Special Kids Cardio Combat® (Wear workout clothes) 7pm</p>	<p>Ju Nen Kai & Shodan Certificate Presentations</p>	<p>Adult Grading 8pm</p>	<p>PLEASE NOTE No Regular Classes this evening. Monthly Colored Belt Grading</p>	<p>ALL BBM/MAS members BRING YOUR GEAR to every class!</p>	