

February 2019

"Put Karate into your everyday living, that is how you will see true beauty." - Gichin Funakoshi

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2 Breakfalls and takedowns	3
4	5	6	7	8	9	10
Prep Week: Basics, Kata and Self-Defense						
11	12	13	14	15	16	17
STRIPE WEEK!...STRIPE WEEK!...STRIPE WEEK!...STRIPE WEEK!...						
			Happy Valentine's Day 			
18	19 Ground Control	20 Clean kicks	21 Kumite: Sparring 	22	23 Bunkai and Terminology	24
25	26 Kumite: Sparring 	27 Review/ Preview Day	28 BELT GRADUATION:  Special Schedule			



***Colour Belt Graduation Schedule:**
 4:30-5:15: Kids White-Blue Adv. Belt 5:45-6:30: Kids Purple. - Brown Adv. 7:00-8:00: Adults