



Stripe Week
Novice and
Jr. Masters

Stripe Week
BBM
Students

	MON	TUE	WED	THU	FRI	SAT
	1 500 PUSH-UPS IN EVERY CLASS (APRIL FOOLS!)	2 BELT TESTING * NO REGULAR CLASSED *	3 PARENTS HOLD THE PADS	4 FOOLISH FRONT ROLLS	5 HEAVY BAGS AND PADS	6 TIMING DRILLS
	8 KATA TO THE RIGHT AND BACKWARDS	9 IN-CLASS BULLY PROOF TECHNIQUES	10 BUDO BLISS[®] YOGA @ 7:30	11 KNIFE DEFENCE	12 SPECIAL GUEST: ALAIN SAILLY (SEE BACK FOR CLASS TIMES)	13 BOOTCAMP @ 9:00
	15 DEFEND AGAINST LEFT-HANDED ATTACKS	16 JAPANESE TERMINOLOGY	17 ROLLS ARE NOT JUST FOR BAKING!	18 PAD WORK	19 DOJO CLOSED FOR EASTER WEEKEND	20 DOJO CLOSED FOR EASTER WEEKEND
	22 DOJO CLOSED FOR EASTER WEEKEND	23 SPECIAL GUEST: SHIHAN MARK MANALO (7:30 AND 8:30 ONLY)	24 SORE CORE!!! @ 6:50 AND 7:30	25 TOURNAMENT SPARRING	26 WRESTLING GAMES	27 FRIENDSHIP TOURNAMENT (NO REGULAR CLASSES)
	29 AGAINST THE WALL SELF-DEFENCE	30 SPARRING SPEED ROUNDS				



**“Everyone who got where he is has had to begin where he was.”
~Robert Louis Stevenson**

**Special Guest Instructor ~
Hanshi Alain Saily
Friday, April 12th**

Hanshi Saily will be teaching the following classes. All other classes, from 3:40 to 5:30 will be taught by our regular team of instructor. Black Belt Prep at 7pm is cancelled:

3:40 - 4:20 • Junior Masters (Regular Instructors)

4:20 - 5:00 • Kids BBM (Regular Instructors)

5:00 - 5:30 • Kids Novice (Regular Instructors)

5:30 - 6:10 • Kids BBM (HANSHI)

6:10 - 6:50 • Junior Masters/Youth Black Belt (HANSHI)

7:00 - 8:00 • Adult All Belts (HANSHI)

**Special Guest Instructor ~
Shihan Mark Manalo
Tuesday, April 23rd**

Shihan Manalo will only be teaching the 7:30 and 8:30 Adult classes. All other classes today will be at regular class times and taught by our regular Tuesday team.

Dojo Closed for Easter

- **The dojo will be closed on Friday, April 19th, Saturday, April 20th and Monday, April 22nd for Easter.**

**Our Friendship Tournament will take place at our dojo on Saturday, April 27th.
All regular classes are cancelled.**