


March 2020

"Anyone who has never made a mistake has never tried anything new" - Albert Einstein

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Friendship Tournament 2020 Registration begins March 1st! Fill in your registration online and then bring your registration fee to Shihan to receive your pledge sheet. All donations raised will go towards The Red Door Family Shelter. <u>Registration ends March 21st.</u> See Shihan for details</p>						1
2	3	4	5	6	7	8
Prep Week: Basics, Kata, and Self-Defense						
Pre/Masters: Int/Required Katas	Pre/Masters: Weapon: Sai	Pre/Masters: Basic Self Defense	Pre/Masters: Basic Katas		Pre/Masters: Intermediate Self Defense	
9	10	11	12	13	14	15
<div style="border: 2px solid purple; padding: 5px; text-align: center;"> STRIPE WEEK...STRIPE WEEK...STRIPE WEEK... </div>						
Pre/Masters: Weapon: Bo and Oar	Pre/Masters: Migi Katas	Pre/Masters: Basic Katas	Pre/Masters: Basic Self Defense		Pre/Masters: Weapon Tonfa	
16 Knife and Short Stick	17 Pad Power Pre/Masters: Weapons	18 Clean and Powerful Kicks Pre/Masters: Intermediate Self Defense	19 Kumite (Sparring) ★	20	21 Be a Sensei! Pre/Masters: Weapon: Bo and Oar	22
23 Bo vs. Sai	24 Breakfalls and Takedowns Pre/Masters: Int/Required Katas	25 Kata Preview/Review Pre/Masters: Weapon: Sai	26 BELT GRADUATION  Special Schedule	27	28 Kumite (Sparring) ★	29
30 Basic Ground Drills	31 Kumite (Sparring) ★					



*Graduation Schedule

4:30-5:15: Childrens White-Blue Belts 5:45-6:30: Children Blue Adv-Brown Adv Belts Adults:7:00-8:00