



**SEMESTER 2:**  
GERI WAZA; STANCES; BETTER BASICS; MARTIAL PHYSICAL  
CONDITIONING

**TRIMESTER 4:** PHYSICAL: STAMINA; MIND OVER MATTER  
KIHON: THE REALITY BEHIND EACH TECHNIQUE / SELF-DEFENSE  
KATA: BUNKAI  
KUMITE: STRATEGY; CREATING OPPORTUNITIES / COUNTERING

**NOVEMBER 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 KATA: Kanku Dai SENIORS 2: Bunkai	2 TEAM: Physical Condition SENIORS 1: Physical Condition	3 TUOMARIKURSSI	4 open dojo
5 SENIORS 2: Te-waza, Heian 4-5, Tekki 1-2	6 SENIORS 1: Yellow belt syllabus KUMITE: stations & matches	7 KOMBAT FITNESS	8 KATA: Gankaku SENIORS 2: Blue and red belt syllabus	9 TEAM: prep. for competition SENIORS 1: Orange belt syllabus	10 4seuran SALIKISAT	11 open dojo
12 SENIORS 2: Geri-waza, Heian 1-3, Tekki 1-2	13 SENIORS 1: Yellow belt syllabus KUMITE: stations & matches	14 KOMBAT FITNESS	15 KATA: Gankaku SENIORS 2: Brown 3rd kyu syllabus	16 NATIONAL TEAM CAMP - PAJULAHTI OLYMPIC CENTER	17	18 open dojo
19 SENIORS 2: Renraku-waza, Bassai Dai	20 SENIORS 1: Orange belt syllabus KUMITE: own, belt test preparation	21 KOMBAT FITNESS	22 KATA: own, belt test preparation SENIORS 2: Brown 2nd kyu syllabus	23 WKF NORDIC KARATE CHAMPIONSHIPS	24	25 open dojo
26 SENIORS 2: Renraku-waza (belt test prep.), Kanku Dai	27 SENIORS 1: Green belt syllabus KUMITE: own, belt test preparation	28 KOMBAT FITNESS	29 KATA: own, belt test preparation SENIORS 2: Brown 3rd and 2nd kyu	30 17:00-19:00 Q&A for belt test, training and revision for all students	1 Seminar + belt test	

**EVERY CLASS: 100 SIT-UPS / 50 PUSH-UPS / 50 SQUAT LIFTS**