



SEMESTER 1:
GERI WAZA; STANCES; BETTER BASICS; MARTIAL PHYSICAL
CONDITIONING

TRIMESTER 1: PHYSICAL: FLEXIBILITY AND BALANCE; FIGHTING EXHAUSTION
KIHON: TEN-NO-KATA; TRAINING WITH TARGET/PARTNER.
KATA: TRAINING SEQUENCE BY SEQUENCE; MENTAL SKILLS; NEW RULES
KUMITE: REPETITION OF BASIC DRILLS; GERI-WAZA; DE-AI

JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
7	8 START OF SEASON 1 <u>KUMITE:</u> Physical + basic combos <u>SENIORS 1:</u> Ten-no-Kata	9 <u>KATA:</u> Söchin	10 <u>KATA:</u> Söchin <u>KUMITE:</u> Haiso <u>SENIORS 2:</u> Blue belt syllabus	11 <u>SENIORS 1:</u> Orange belt syllabus	12 <u>SENIORS ALL:</u> Revision of Heian katas	13
14 <u>SENIORS 2:</u> Green belt syllabus	15 <u>KUMITE:</u> Physical + matches <u>SENIORS 1:</u> White belt syllabus	16 <u>KATA:</u> Kanku Dai	17 <u>KATA:</u> Kanku Dai <u>KUMITE:</u> Haiso <u>SENIORS 2:</u> 3.kyu syllabus	18 <u>SENIORS 1:</u> Yellow belt syllabus	19 SEITOKAI WORKSHOP: "Nutrition"	20
21 <u>SENIORS 2:</u> 2.kyu syllabus	22 <u>KUMITE:</u> Ura Mawashi strategy <u>SENIORS 1:</u> Physical	23 <u>KATA:</u> Gankaku	24 <u>KATA:</u> Gankaku <u>KUMITE:</u> Haiso <u>SENIORS 2:</u> 1.kyu syllabus	25 <u>SENIORS 1:</u> The 3 basic stances	26 <u>SENIORS ALL:</u> Revision of Ippon Kumite and Jiyu Ippon Kumite	27
28 <u>SENIORS 2:</u> 1.dan & 2.dan syllabi	29 <u>KUMITE:</u> Physical + matches <u>SENIORS 1:</u> Ten-no-Kata	30 <u>KATA:</u> Nijushiho				

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