



**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

**MARCH 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 <u>ALL:</u> A to Z physical training	2 <b>TALLINN</b>	3 OPEN DOJO
4 <u>SENIORS 2:</u> Blue belt syl.	5 <u>KUMITE:</u> 10 sec "FIRE" + P.P <u>SENIORS 1:</u> Yellow belt syl.	6 <u>KATA:</u> Heians revision	7 <u>KATA:</u> Heians rev. <u>KUMITE:</u> "FIRE" <u>SENIORS 2:</u> Orange belt syl.	8	<b>NATIONAL TEAM CAMP</b>	
11 <u>SENIORS 2:</u> Brown belt syl.	12 <u>KUMITE:</u> 10 sec "FIRE" + P.P <u>SENIORS 1:</u> Yellow belt syl.	13 <u>KATA:</u> Unsu ; prep for Katapokalen	14 <u>KATA:</u> Unsu ; prep <u>KUMITE:</u> 1-8 <u>SENIORS 2:</u> Blue belt syl.	15	<b>KATAPOKALEN</b>	
18 <u>SENIORS 2:</u> Green belt syl.	19 <u>KUMITE:</u> Matches <u>SENIORS 1:</u> Physical Prep.	20 <u>KATA:</u> Gojushiho Dai ; prep	21 <u>KATA:</u> Gojushiho D <u>KUMITE:</u> matches <u>SENIORS 2:</u> Orange belt syl.	22 <u>TEAM:</u> Prep. Orimattila <u>SENIORS 1:</u> Ten-no-kata	23 <b>ORIMATTILA</b>	24 OPEN DOJO
25 <u>SENIORS 2:</u> Brown belt syl.	26 <u>KUMITE:</u> Matches <u>SENIORS 1:</u> Ippon Kumite	27 <u>KATA:</u> Söchin	28 <u>KATA:</u> Söchin <u>KUMITE:</u> 1-8 <u>SENIORS 2:</u> Green belt syl.	29 <u>TEAM:</u> Physical Prep+gym <u>SENIORS 1:</u> Stances;transitions	30 <u>SENIORS ALL:</u> Bunkai	31 OPEN DOJO

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