

SHOGUN TRADITIONAL SHOTOKAN KARATE-DO ACADEMY

**Karate Class & Events Planner for 2010**

**Important: If taken Gradings make sure you hand in the Theory Papers in advance for checking.**

Month	Event	Information
<b>January 2010</b>		
<p><b>We will try not to deviate from the plan, but there will be times when we may have to – When we need to look or practice a specific technique – Absenteeism? - Or we decide to do a special course.</b></p>		
<b>Thursday 7<sup>th</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 to 7.15 - Kata (Sections)</li> <li>➤ 7.15 - 7.25 - Basic kicks.</li> <li>➤ 7.30 - 7.40 - Basic strikes.</li> <li>➤ 7.40 - 7.50 - Combinations (Block Punch)</li> <li>➤ 7.50 - 8.00 – Sparring (3 Step)</li> </ul>	
<b>Sunday 10<sup>th</sup></b>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Ten No Kata.</li> <li>✓ 10.25 – 10.35 – Kicks</li> <li>✓ 10.35 – 10.45 – Pads (Punch)</li> <li>✓ 10.45 – 11.00 – Kata.</li> <li>✓ 11.05 – 11.30 – Sparring on Mats.</li> </ul>	
<b>Thursday 14<sup>th</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 - Basic Punch.</li> <li>➤ 7.00 – 7.25 – Sparring (One Step)</li> <li>➤ 7.30 – 7.40 – Combinations (Kicks)</li> <li>➤ 7.40 – 7.50 – Sparring (One Step free style)</li> <li>➤ 7.50 – 8.00 – Kata.</li> </ul>	
<b>Sunday 17<sup>th</sup></b>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Kicks</li> <li>✓ 10.25 – 10.35 – Punch.</li> <li>✓ 10.35 – 10.45 – Kata</li> <li>✓ 10.45 – 11.00 – Pads</li> <li>✓ 11.05 – 11.30 – Sparring (One Step – Free Style)</li> </ul>	<p><b>This Sunday class moved to Oakley Centre.</b></p>
<b>Thursday 21<sup>st</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Kata Training.</li> <li>➤ 7.00 – 7.25 – Sparring (Free Style Training)</li> <li>➤ 7.30 – 7.40 – Combinations (Kicks Punch)</li> <li>➤ 7.40 – 7.50 – Pads (Punch)</li> <li>➤ 7.50 – 8.00 – Pads (Strike)</li> </ul>	
<b>Sunday 24<sup>th</sup></b>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Kicks</li> <li>✓ 10.25 – 10.35 – Punch.</li> <li>✓ 10.35 – 10.45 – Kata</li> <li>✓ 10.45 – 11.00 – Pads</li> <li>✓ 11.05 – 11.30 – Sparring (One Step – Free Style)</li> </ul>	
<b>Thursday 28<sup>th</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Kata Training.</li> <li>➤ 7.00 – 7.25 – Sparring (Free Style Training)</li> <li>➤ 7.30 – 7.40 – Combinations (Kicks Punch)</li> <li>➤ 7.40 – 7.50 – Pads (Punch)</li> <li>➤ 7.50 – 8.00 – Pads (Strike)</li> </ul>	

**SHOGUN TRADITIONAL SHOTOKAN KARATE-DO ACADEMY**

<p align="center"><b>Sunday 31<sup>st</sup></b></p>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Kicks</li> <li>✓ 10.25 – 10.35 – Punch.</li> <li>✓ 10.35 – 10.45 – Kata</li> <li>✓ 10.45 – 11.00 – Pads</li> <li>✓ 11.05 – 11.30 – Sparring (One Step – Free Style)</li> </ul>	
<p align="center"><b>February 2010</b></p>		
<p align="center"><b>Thursday 4<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Kata Training.</li> <li>➤ 7.00 – 7.25 – Sparring (Free Style Training)</li> <li>➤ 7.30 – 7.40 – Combinations (Kicks Punch)</li> <li>➤ 7.40 – 7.50 – Pads (Punch)</li> <li>➤ 7.50 – 8.00 – Pads (Strike)</li> </ul>	
<p align="center"><b>Sunday 7<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.35 – Combinations (Free)</li> <li>✓ 10.35 – 10.45 – Kata.</li> <li>✓ 10.45 – 11.00. – Pads</li> <li>✓ 11.05 – 11.30 – Mats (Take Downs)</li> </ul>	
<p align="center"><b>Thursday 11<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Ten no Kata training ( Basics)</li> <li>➤ 7.00 – 7.25 – Sparring (Three Step)</li> <li>➤ 7.30 – 7.40 – Sparring (One Step)</li> <li>➤ 7.40 – 7.50 – Pads (Kicks)</li> <li>➤ 7.50 – 8.00 – Kata.</li> </ul>	
<p align="center"><b>Sunday 14<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Kicks</li> <li>✓ 10.25 – 10.35 – Stances.</li> <li>✓ 10.35 – 10.45 – Pads.</li> <li>✓ 10.45 – 11.00 – Kata.</li> <li>✓ 11.05 – 11.30 – Mats + Free Style</li> </ul>	
<p align="center"><b>Thursday 18<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Stance training.</li> <li>➤ 7.00 – 7.25 – Combinations (Kicks Punch)</li> <li>➤ 7.30 – 7.40 – Parts from Kata (Kicks)</li> <li>➤ 7.40 – 7.50 – Parts from Kata (Free)</li> <li>➤ 7.50 – 8.00 – Sparring (One Step Free Style)</li> </ul>	
<p align="center"><b>Sunday 21<sup>st</sup></b></p>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Ten no Kata.</li> <li>✓ 10.25 – 10.35 – Combinations.</li> <li>✓ 10.35 – 10.45 – Basic Kicks</li> <li>✓ 10.45 – 11.00 – Pads</li> <li>✓ 11.05 – 11.30 – Mats + One Step Free Spar.</li> </ul>	

**SHOGUN TRADITIONAL SHOTOKAN KARATE-DO ACADEMY**

<p><b>Thursday 25<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Kata training.</li> <li>➤ 7.00 – 7.25 – Kata training.</li> <li>➤ 7.30 – 7.40 – Kata training.</li> <li>➤ 7.40 – 7.50 – Sparring (Three Step)</li> <li>➤ 7.50 – 8.00 – Sparring (One Step)</li> </ul>	
<p><b>Sunday 28<sup>nd</sup></b></p>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.30 – Parts from Kata.</li> <li>✓ 10.30 – 10.40 – Strikes.</li> <li>✓ 10.40 – 10.50 – Basic Kicks</li> <li>✓ 10.50 – 11.00 – Combinations (Hands)</li> <li>✓ 11.05 – 11.30 – Mats Take Downs + Jumps from Kata.</li> </ul>	
<p><b>March 2010</b></p>		
<p><b>Thursday 4<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Basic (Block + Punch)</li> <li>➤ 7.00 – 7.25 – Combinations (Kicks Punch)</li> <li>➤ 7.30 – 7.40 – Sparring (One Step)</li> <li>➤ 7.40 – 7.50 – Sparring (One Step - Free)</li> <li>➤ 7.50 – 8.00 – Kata.</li> </ul>	
<p><b>Sunday 7<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Blocks + Punch Combinations.</li> <li>✓ 10.25 – 10.35 – Kicks Combinations.</li> <li>✓ 10.35 – 10.45 – Kata.</li> <li>✓ 10.45 – 11.00 – Basics using Partners.</li> <li>✓ 11.05 – 11.30 – Mats (Locks + One Step Free Spar)</li> </ul>	<p><b>Last day for handing in Theory Papers.</b></p>
<p><b>Thursday 11<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 to 7.15 - Kata (Sections)</li> <li>➤ 7.15 - 7.25 - Basic kicks.</li> <li>➤ 7.30 - 7.40 - Basic strikes.</li> <li>➤ 7.40 - 7.50 - Combinations (Block Punch)</li> <li>➤ 7.50 - 8.00 – Sparring (3 Step)</li> </ul>	
<p><b>Sunday 14<sup>th</sup></b></p>	<p align="center"><b><u>School Grading/Exam</u></b></p> <ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Kata.</li> <li>✓ 10.25 – 10.35 – Parts from Kata.</li> <li>✓ 10.35 – 10.45 – Kata again.</li> <li>✓ 10.45 – 11.00 – Grading Talk + Practice.</li> <li>✓ 11.05 – 11.30 – Mats + Bunkai.</li> </ul>	<p><b>All Students to come to this. As it will be used as a normal class. Note: All should support our fellow Students.</b></p>
<p><b>Thursday 18<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 - Basic Punch.</li> <li>➤ 7.00 – 7.25 – Sparring (One Step)</li> <li>➤ 7.30 – 7.40 – Combinations (Kicks)</li> <li>➤ 7.40 – 7.50 – Sparring (One Step free style)</li> <li>➤ 7.50 – 8.00 – Kata.</li> </ul>	

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<p align="center"><b>Sunday 21<sup>st</sup></b></p>	<ul style="list-style-type: none"> <li>✓ 9.30 – 10.00 – Exercise + Etiquette + Log in.</li> <li>✓ 10.00 – 10. 30 – Basics –Punch – Blocks – Kicks.</li> <li>✓ 10.30 – 10.45 – Kata</li> <li>✓ 10.45 – 11.00 – Pads</li> <li>✓ 11.00 – 11.30 – Bunkai.</li> </ul>	<p align="center"><b>Gradings/Exam Presentations to Successful Students.</b></p>
<p align="center"><b>Thursday 18<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Kata Training.</li> <li>➤ 7.00 – 7.25 – Sparring (Free Style Training)</li> <li>➤ 7.30 – 7.40 – Combinations (Kicks Punch)</li> <li>➤ 7.40 – 7.50 – Pads (Punch)</li> <li>➤ 7.50 – 8.00 – Pads (Strike)</li> </ul>	
<p align="center"><b>Sunday 21<sup>st</sup></b></p>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Ten No Kata.</li> <li>✓ 10.25 – 10.35 – Kicks</li> <li>✓ 10.35 – 10.45 – Pads (Punch)</li> <li>✓ 10.45 – 11.00 – Kata.</li> <li>✓ 11.05 – 11.30 – Sparring + Bunkai.</li> </ul>	
<p align="center"><b>Thursday 25<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Ten no Kata training ( Basics)</li> <li>➤ 7.00 – 7.25 – Sparring (Three Step)</li> <li>➤ 7.30 – 7.40 – Sparring (One Step)</li> <li>➤ 7.40 – 7.50 – Pads (Kicks)</li> <li>➤ 7.50 – 8.00 – Kata.</li> </ul>	
<p align="center"><b>Sunday 28<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Kicks</li> <li>✓ 10.25 – 10.35 – Punch.</li> <li>✓ 10.35 – 10.45 – Kata</li> <li>✓ 10.45 – 11.00 – Pads</li> <li>✓ 11.05 – 11.30 – Sparring (One Step – Free Style)</li> </ul>	<p align="center"><b>Last Sunday at Oakley.</b></p>
<p align="center"><b>April 2010</b></p>		
<p align="center"><b>Thursday 1<sup>st</sup></b></p>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Stance training.</li> <li>➤ 7.00 – 7.25 – Combinations (Kicks Punch)</li> <li>➤ 7.30 – 7.40 – Parts from Kata (Kicks)</li> <li>➤ 7.40 – 7.50 – Parts from Kata (Free)</li> <li>➤ 7.50 – 8.00 – Sparring (One Step Free Style)</li> </ul>	
<p align="center"><b>Easter Sunday 4<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.35 – Combinations (Free)</li> <li>✓ 10.35 – 10.45 – Kata.</li> <li>✓ 10.45 – 11.00. – Pads</li> <li>✓ 11.05 – 11.30 – (Take Downs)</li> </ul>	<p align="center"><b><u>Easter Sunday</u></b> <b>First Sunday back at the Coppenhall Sports Centre.</b></p>

**SHOGUN TRADITIONAL SHOTOKAN KARATE-DO ACADEMY**

<b>Thursday 8<sup>th</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Kata training.</li> <li>➤ 7.00 – 7.25 – Kata training.</li> <li>➤ 7.30 – 7.40 – Kata training.</li> <li>➤ 7.40 – 7.50 – Sparring (Three Step)</li> <li>➤ 7.50 – 8.00 – Sparring (One Step)</li> </ul>	
<b>Sunday 11<sup>th</sup></b>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Kicks</li> <li>✓ 10.25 – 10.35 – Stances.</li> <li>✓ 10.35 – 10.45 – Pads.</li> <li>✓ 10.45 – 11.00 – Kata.</li> <li>✓ 11.05 – 11.30 – Bunkai</li> </ul>	
<b>Thursday 15<sup>th</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Basic (Block + Punch)</li> <li>➤ 7.00 – 7.25 – Combinations (Kicks Punch)</li> <li>➤ 7.30 – 7.40 – Sparring (One Step)</li> <li>➤ 7.40 – 7.50 – Sparring (One Step - Free)</li> <li>➤ 7.50 – 8.00 – Kata.</li> </ul>	
<b>Sunday 18<sup>th</sup></b>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Blocks + Punch Combinations.</li> <li>✓ 10.25 – 10.35 – Kicks Combinations.</li> <li>✓ 10.35 – 10.45 – Kata.</li> <li>✓ 10.45 – 11.00 – Basics using Partners.</li> <li>✓ 11.05 – 11.15 – Bunkai</li> </ul>	
<b>Thursday 22<sup>nd</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 to 7.15 - Kata (Sections)</li> <li>➤ 7.15 - 7.25 - Basic kicks.</li> <li>➤ 7.30 - 7.40 - Basic strikes.</li> <li>➤ 7.40 - 7.50 - Combinations (Block Punch)</li> <li>➤ 7.50 - 8.00 – Sparring (3 Step)</li> </ul>	
<b>Sunday 25<sup>th</sup></b>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Ten no Kata.</li> <li>✓ 10.25 – 10.35 – Combinations.</li> <li>✓ 10.35 – 10.45 – Basic Kicks</li> <li>✓ 10.45 – 11.00 – Pads</li> <li>✓ 11.05 – 11.15 – Bunkai.</li> </ul>	
<b>Thursday 29<sup>th</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 - Basic Punch.</li> <li>➤ 7.00 – 7.25 – Sparring (One Step)</li> <li>➤ 7.30 – 7.40 – Combinations (Kicks)</li> <li>➤ 7.40 – 7.50 – Sparring (One Step free style)</li> <li>➤ 7.50 – 8.00 – Kata.</li> </ul>	
<b>May 2010</b>		

**SHOGUN TRADITIONAL SHOTOKAN KARATE-DO ACADEMY**

<b>Sunday 2<sup>nd</sup></b>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Ten No Kata.</li> <li>✓ 10.25 – 10.35 – Kicks</li> <li>✓ 10.35 – 10.45 – Pads (Punch)</li> <li>✓ 10.45 – 11.00 – Kata.</li> <li>✓ 11.05 – 11.30 – Sparring on Mats.</li> </ul>	
<b>Thursday 6<sup>th</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Kata Training.</li> <li>➤ 7.00 – 7.25 – Sparring (Free Style Training)</li> <li>➤ 7.30 – 7.40 – Combinations (Kicks Punch)</li> <li>➤ 7.40 – 7.50 – Pads (Punch)</li> <li>➤ 7.50 – 8.00 – Pads (Strike)</li> </ul>	
<b>Sunday 9<sup>th</sup></b>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.30 – Parts from Kata.</li> <li>✓ 10.30 – 10.40 – Strikes.</li> <li>✓ 10.40 – 10.50 – Basic Kicks</li> <li>✓ 10.50 – 11.00 – Combinations (Hands)</li> <li>✓ 11.05 – 11.30 – Bunkai.</li> </ul>	
<b>Thursday 13<sup>th</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Ten no Kata training ( Basics)</li> <li>➤ 7.00 – 7.25 – Sparring (Three Step)</li> <li>➤ 7.30 – 7.40 – Sparring (One Step)</li> <li>➤ 7.40 – 7.50 – Pads (Kicks)</li> <li>➤ 7.50 – 8.00 – Kata.</li> </ul>	
<b>Sunday 16<sup>th</sup></b>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Kata.</li> <li>✓ 10.25 – 10.35 – Parts from Kata.</li> <li>✓ 10.35 – 10.45 – Kata again.</li> <li>✓ 10.45 – 11.00 – Grading Talk + Practice.</li> <li>✓ 11.05 – 11.30 – Bunkai.</li> </ul>	
<b>Thursday 20<sup>th</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 - Basic Punch.</li> <li>➤ 7.00 – 7.25 – Sparring (One Step)</li> <li>➤ 7.30 – 7.40 – Combinations (Kicks)</li> <li>➤ 7.40 – 7.50 – Sparring (One Step free style)</li> <li>➤ 7.50 – 8.00 – Kata.</li> </ul>	
<b>Sunday 23<sup>rd</sup></b>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Ten No Kata.</li> <li>✓ 10.25 – 10.35 – Kicks</li> <li>✓ 10.35 – 10.45 – Pads (Punch)</li> <li>✓ 10.45 – 11.00 – Kata.</li> <li>✓ 11.05 – 11.30 – Sparring on Mats.</li> </ul>	
<b>Thursday 27<sup>th</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Kata training.</li> <li>➤ 7.00 – 7.25 – Kata training.</li> <li>➤ 7.30 – 7.40 – Kata training.</li> <li>➤ 7.40 – 7.50 – Sparring (Three Step)</li> <li>➤ 7.50 – 8.00 – Sparring (One Step)</li> </ul>	

**SHOGUN TRADITIONAL SHOTOKAN KARATE-DO ACADEMY**

<p align="center"><b>Sunday 30<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.35 – Combinations (Free)</li> <li>✓ 10.35 – 10.45 – Kata.</li> <li>✓ 10.45 – 11.00. – Pads</li> <li>✓ 11.05 – 11.30 – Mats (Take Downs)</li> </ul>	<p align="center"><b>Last day for handing in Theory Papers.</b></p>
<p align="center"><b>June 2010</b></p>		
<p align="center"><b>Thursday 3<sup>rd</sup></b></p>	<ul style="list-style-type: none"> <li>✓ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>✓ 6.45 – 7.00 – Basic (Block + Punch)</li> <li>✓ 7.00 – 7.25 – Combinations (Kicks Punch)</li> <li>✓ 7.30 – 7.40 – Sparring (One Step)</li> <li>✓ 7.40 – 7.50 – Sparring (One Step - Free)</li> <li>✓ 7.50 – 8.00 – Kata.</li> </ul>	
<p align="center"><b>Sunday 6<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.35 – Combinations (Free)</li> <li>✓ 10.35 – 10.45 – Kata.</li> <li>✓ 10.45 – 11.00. – Pads</li> <li>✓ 11.05 – 11.30 – Bunkai</li> </ul>	
<p align="center"><b>Thursday 10<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 to 7.15 - Kata (Sections)</li> <li>➤ 7.15 - 7.25 - Basic kicks.</li> <li>➤ 7.30 - 7.40 - Basic strikes.</li> <li>➤ 7.40 - 7.50 - Combinations (Block Punch)</li> <li>➤ 7.50 - 8.00 – Sparring (3 Step)</li> </ul>	
<p align="center"><b>Sunday 13<sup>th</sup></b></p>	<p align="center"><b><u>School Grading/Exam</u></b></p> <ul style="list-style-type: none"> <li>✓ 9.30 – 10.00 – Exercise + Etiquette + Log in.</li> <li>✓ 10.00 – 10. 30 – Basics –Punch – Blocks – Kicks.</li> <li>✓ 10.30 – 10.45 – Kata</li> <li>✓ 10.45 – 11.00 – Pads</li> <li>✓ 11.00 – 11.30 – Sparring.</li> </ul>	<p align="center"><b>All Students to come to this. As it will be used as a normal class. Note: All should support our fellow Students.</b></p>
<p align="center"><b>Thursday 17<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 - Basic Punch.</li> <li>➤ 7.00 – 7.25 – Sparring (One Step)</li> <li>➤ 7.30 – 7.40 – Combinations (Kicks)</li> <li>➤ 7.40 – 7.50 – Sparring (One Step free style)</li> <li>➤ 7.50 – 8.00 – Kata.</li> </ul>	
<p align="center"><b>Sunday 20<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.30 – Parts from Kata.</li> <li>✓ 10.30 – 10.40 – Strikes.</li> <li>✓ 10.40 – 10.50 – Basic Kicks</li> <li>✓ 10.50 – 11.00 – Combinations (Hands)</li> <li>✓ 11.05 – 11.30 – Bunkai.</li> </ul>	<p align="center"><b>Presentations for successful students in Grading/Exam.</b></p>

**SHOGUN TRADITIONAL SHOTOKAN KARATE-DO ACADEMY**

<b>Thursday 24<sup>th</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Kata Training.</li> <li>➤ 7.00 – 7.25 – Sparring (Free Style Training)</li> <li>➤ 7.30 – 7.40 – Combinations (Kicks Punch)</li> <li>➤ 7.40 – 7.50 – Pads (Punch)</li> <li>➤ 7.50 – 8.00 – Pads (Strike)</li> </ul>	
<b>Sunday 27<sup>th</sup></b>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Ten No Kata.</li> <li>✓ 10.25 – 10.35 – Kicks</li> <li>✓ 10.35 – 10.45 – Pads (Punch)</li> <li>✓ 10.45 – 11.00 – Kata.</li> <li>11.05 – 11.30 – Bunkai.</li> </ul>	
<b>July 2010</b>		
<b>Thursday 1<sup>st</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 to 7.15 - Kata (Sections)</li> <li>➤ 7.15 - 7.25 - Basic kicks.</li> <li>➤ 7.30 - 7.40 - Basic strikes.</li> <li>➤ 7.40 - 7.50 - Combinations (Block Punch)</li> <li>➤ 7.50 - 8.00 – Sparring (3 Step)</li> </ul>	
<b>Sunday 4<sup>th</sup></b>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Kicks</li> <li>✓ 10.25 – 10.35 – Punch.</li> <li>✓ 10.35 – 10.45 – Kata</li> <li>✓ 10.45 – 11.00 – Pads</li> <li>✓ 11.05 – 11.30 – Sparring</li> </ul>	
<b>Thursday 8<sup>th</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 - Basic Punch.</li> <li>➤ 7.00 – 7.25 – Sparring (One Step)</li> <li>➤ 7.30 – 7.40 – Combinations (Kicks)</li> <li>➤ 7.40 – 7.50 – Sparring (One Step free style)</li> <li>➤ 7.50 – 8.00 – Kata.</li> </ul>	
<b>Sunday 11<sup>th</sup></b>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.35 – Combinations (Free)</li> <li>✓ 10.35 – 10.45 – Kata.</li> <li>✓ 10.45 – 11.00. – Pads</li> <li>✓ 11.05 – 11.30 – Bunkai</li> </ul>	
<b>Thursday 15<sup>th</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Kata Training.</li> <li>➤ 7.00 – 7.25 – Sparring (Free Style Training)</li> <li>➤ 7.30 – 7.40 – Combinations (Kicks Punch)</li> <li>➤ 7.40 – 7.50 – Pads (Punch)</li> <li>➤ 7.50 – 8.00 – Pads (Strike)</li> </ul>	
<b>Sunday 18<sup>th</sup></b>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Kicks</li> <li>✓ 10.25 – 10.35 – Stances.</li> <li>✓ 10.35 – 10.45 – Pads.</li> <li>✓ 10.45 – 11.00 – Kata.</li> <li>✓ 11.05 – 11.30 – Bunkai</li> </ul>	

**SHOGUN TRADITIONAL SHOTOKAN KARATE-DO ACADEMY**

<p align="center"><b>Thursday 22<sup>nd</sup></b></p>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Ten no Kata training ( Basics)</li> <li>➤ 7.00 – 7.25 – Sparring (Three Step)</li> <li>➤ 7.30 – 7.40 – Sparring (One Step)</li> <li>➤ 7.40 – 7.50 – Pads (Kicks)</li> <li>➤ 7.50 – 8.00 – Kata.</li> </ul>	
<p align="center"><b>Sunday 25<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Ten no Kata.</li> <li>✓ 10.25 – 10.35 – Combinations.</li> <li>✓ 10.35 – 10.45 – Basic Kicks</li> <li>✓ 10.45 – 11.00 – Pads</li> <li>✓ 11.05 – 11.30 – Bunkai.</li> </ul>	
<p align="center"><b>Thursday 29<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Stance training.</li> <li>➤ 7.00 – 7.25 – Combinations (Kicks Punch)</li> <li>➤ 7.30 – 7.40 – Parts from Kata (Kicks)</li> <li>➤ 7.40 – 7.50 – Parts from Kata (Free)</li> <li>➤ 7.50 – 8.00 – Sparring (One Step Free Style)</li> </ul>	
<p align="center"><b>August 2010</b></p>		
<p align="center"><b>Sunday 1<sup>st</sup></b></p>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.30 – Parts from Kata.</li> <li>✓ 10.30 – 10.40 – Strikes.</li> <li>✓ 10.40 – 10.50 – Basic Kicks</li> <li>✓ 10.50 – 11.00 – Combinations (Hands)</li> <li>✓ 11.05 – 11.30 – Mats Take Downs</li> </ul>	
<p align="center"><b>Thursday 5<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Kata training.</li> <li>➤ 7.00 – 7.25 – Kata training.</li> <li>➤ 7.30 – 7.40 – Kata training.</li> <li>➤ 7.40 – 7.50 – Sparring (Three Step)</li> <li>➤ 7.50 – 8.00 – Sparring (One Step)</li> </ul>	
<p align="center"><b>Sunday 8<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Blocks + Punch Combinations.</li> <li>✓ 10.25 – 10.35 – Kicks Combinations.</li> <li>✓ 10.35 – 10.45 – Kata.</li> <li>✓ 10.45 – 11.00 – Basics using Partners.</li> <li>✓ 11.05 – 11.30 – Bunkai</li> </ul>	
<p align="center"><b>Thursday 12<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Kata training.</li> <li>➤ 7.00 – 7.25 – Kata training.</li> <li>➤ 7.30 – 7.40 – Kata training.</li> <li>➤ 7.40 – 7.50 – Sparring (Three Step)</li> <li>➤ 7.50 – 8.00 – Sparring (One Step)</li> </ul>	

**SHOGUN TRADITIONAL SHOTOKAN KARATE-DO ACADEMY**

<p align="center"><b>Sunday 15<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Kata.</li> <li>✓ 10.25 – 10.35 – Parts from Kata.</li> <li>✓ 10.35 – 10.45 – Kata again.</li> <li>✓ 10.45 – 11.00 – Grading Talk + Practice.</li> <li>✓ 11.05 – 11.30 – Bunkai</li> </ul>	
<p align="center"><b>Thursday 19<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Basic (Block + Punch)</li> <li>➤ 7.00 – 7.25 – Combinations (Kicks Punch)</li> <li>➤ 7.30 – 7.40 – Sparring (One Step)</li> <li>➤ 7.40 – 7.50 – Sparring (One Step - Free)</li> <li>➤ 7.50 – 8.00 – Kata.</li> </ul>	
<p align="center"><b>Sunday 22<sup>nd</sup></b></p>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Ten No Kata.</li> <li>✓ 10.25 – 10.35 – Kicks</li> <li>✓ 10.35 – 10.45 – Pads (Punch)</li> <li>✓ 10.45 – 11.00 – Kata.</li> <li>11.05 – 11.30 – Bunkai.</li> </ul>	
<p align="center"><b>Thursday 26<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 to 7.15 - Kata (Sections)</li> <li>➤ 7.15 - 7.25 - Basic kicks.</li> <li>➤ 7.30 - 7.40 - Basic strikes.</li> <li>➤ 7.40 - 7.50 - Combinations (Block Punch)</li> <li>➤ 7.50 - 8.00 – Sparring (3 Step)</li> </ul>	
<p align="center"><b>Sunday 29<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Kicks</li> <li>✓ 10.25 – 10.35 – Punch.</li> <li>✓ 10.35 – 10.45 – Kata</li> <li>✓ 10.45 – 11.00 – Pads</li> <li>11.05 – 11.30 – Sparring</li> </ul>	<p align="center"><b>Last day for handing in Theory Papers.</b></p>
<p align="center"><b>September 2010</b></p>		
<p align="center"><b>Thursday 2<sup>nd</sup></b></p>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 - Basic Punch.</li> <li>➤ 7.00 – 7.25 – Sparring (One Step)</li> <li>➤ 7.30 – 7.40 – Combinations (Kicks)</li> <li>➤ 7.40 – 7.50 – Sparring (One Step free style)</li> <li>➤ 7.50 – 8.00 – Kata.</li> </ul>	
<p align="center"><b>Sunday 5<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.35 – Combinations (Free)</li> <li>✓ 10.35 – 10.45 – Kata.</li> <li>✓ 10.45 – 11.00. – Bunkai</li> <li>✓ 11.05 – 11.30 – Mats (Take Downs)</li> <li>✓</li> </ul>	

**SHOGUN TRADITIONAL SHOTOKAN KARATE-DO ACADEMY**

<p align="center"><b>Thursday 9<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Basic (Block + Punch)</li> <li>➤ 7.00 – 7.25 – Combinations (Kicks Punch)</li> <li>➤ 7.30 – 7.40 – Sparring (One Step)</li> <li>➤ 7.40 – 7.50 – Sparring (One Step - Free)</li> <li>➤ 7.50 – 8.00 – Kata.</li> </ul>	
<p align="center"><b>Sunday 12<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Kicks</li> <li>✓ 10.25 – 10.35 – Stances.</li> <li>✓ 10.35 – 10.45 – Bunkai.</li> <li>✓ 10.45 – 11.00 – Kata.</li> <li>✓ 11.05 – 11.30 –Free Style</li> </ul>	<p align="center"><b>All Students to come to this. As it will be used as a normal class. Note: All should support our fellow Students.</b></p>
<p align="center"><b>Thursday 16<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Kata Training.</li> <li>➤ 7.00 – 7.25 – Sparring (Free Style Training)</li> <li>➤ 7.30 – 7.40 – Combinations (Kicks Punch)</li> <li>➤ 7.40 – 7.50 – Pads (Punch)</li> <li>➤ 7.50 – 8.00 – Pads (Strike)</li> </ul>	
<p align="center"><b>Sunday 19<sup>th</sup></b></p>	<p align="center"><b><u>School Grading/Exam</u></b></p> <ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Ten no Kata.</li> <li>✓ 10.25 – 10.35 – Combinations.</li> <li>✓ 10.35 – 10.45 – Basic Kicks</li> <li>✓ 10.45 – 11.00 – Sparring</li> <li>✓ 11.05 – 11.30 – Bunkai</li> </ul>	<p align="center"><b>All Students to come to this. As it will be used as a normal class. Note: All should support our fellow Students.</b></p>
<p align="center"><b>Thursday 23<sup>rd</sup></b></p>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Ten no Kata training ( Basics)</li> <li>➤ 7.00 – 7.25 – Sparring (Three Step)</li> <li>➤ 7.30 – 7.40 – Sparring (One Step)</li> <li>➤ 7.40 – 7.50 – Pads (Kicks)</li> <li>➤ 7.50 – 8.00 – Kata.</li> </ul>	
<p align="center"><b>Sunday 26<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.30 – Parts from Kata.</li> <li>✓ 10.30 – 10.40 – Strikes.</li> <li>✓ 10.40 – 10.50 – Basic Kicks</li> <li>✓ 10.50 – 11.00 – Combinations (Hands)</li> <li>✓ 11.05 – 11.30 – Bunkai</li> </ul>	<p align="center"><b>Presentations for successful students in Grading/Exam.</b></p>
<p align="center"><b>Thursday 30<sup>th</sup></b></p>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Stance training.</li> <li>➤ 7.00 – 7.25 – Combinations (Kicks Punch)</li> <li>➤ 7.30 – 7.40 – Parts from Kata (Kicks)</li> <li>➤ 7.40 – 7.50 – Parts from Kata (Free)</li> <li>➤ 7.50 – 8.00 – Sparring (One Step Free Style)</li> </ul>	
<p align="center"><b>October 2010</b></p>		

**SHOGUN TRADITIONAL SHOTOKAN KARATE-DO ACADEMY**

<b>Sunday 3<sup>rd</sup></b>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Blocks + Punch Combinations.</li> <li>✓ 10.25 – 10.35 – Kicks Combinations.</li> <li>✓ 10.35 – 10.45 – Kata.</li> <li>✓ 10.45 – 11.00 – Basics using Partners.</li> <li>✓ 11.05 – 11.30 – Bunkai</li> </ul>	
<b>Thursday 7<sup>th</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Kata training.</li> <li>➤ 7.00 – 7.25 – Kata training.</li> <li>➤ 7.30 – 7.40 – Kata training.</li> <li>➤ 7.40 – 7.50 – Sparring (Three Step)</li> <li>➤ 7.50 – 8.00 – Sparring (One Step)</li> </ul>	
<b>Sunday 10<sup>th</sup></b>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Kata.</li> <li>✓ 10.25 – 10.35 – Parts from Kata.</li> <li>✓ 10.35 – 10.45 – Kata again.</li> <li>✓ 10.45 – 11.00 – Grading Talk</li> <li>✓ 11.05 – 11.30 – Bunkai.</li> </ul>	.
<b>Thursday 14<sup>th</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Basic (Block + Punch)</li> <li>➤ 7.00 – 7.25 – Combinations (Kicks Punch)</li> <li>➤ 7.30 – 7.40 – Sparring (One Step)</li> <li>➤ 7.40 – 7.50 – Sparring (One Step - Free)</li> <li>➤ 7.50 – 8.00 – Kata.</li> </ul>	
<b>Sunday 17<sup>th</sup></b>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Ten No Kata.</li> <li>✓ 10.25 – 10.35 – Kicks</li> <li>✓ 10.35 – 10.45 – Bunkai</li> <li>✓ 10.45 – 11.00 – Kata.</li> <li>11.05 – 11.30 – Sparring on Mats.</li> </ul>	
<b>Thursday 21<sup>st</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 to 7.15 - Kata (Sections)</li> <li>➤ 7.15 - 7.25 - Basic kicks.</li> <li>➤ 7.30 - 7.40 - Basic strikes.</li> <li>➤ 7.40 - 7.50 - Combinations (Block Punch)</li> <li>➤ 7.50 - 8.00 – Sparring (3 Step)</li> </ul>	
<b>Sunday 24<sup>th</sup></b>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Kicks</li> <li>✓ 10.25 – 10.35 – Punch.</li> <li>✓ 10.35 – 10.45 – Kata</li> <li>✓ 10.45 – 11.00 – Bunkai</li> <li>✓ 11.05 – 11.30 – Sparring (One Step – Free Style)</li> </ul>	
<b>Thursday 28<sup>th</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 - Basic Punch.</li> <li>➤ 7.00 – 7.25 – Sparring (One Step)</li> <li>➤ 7.30 – 7.40 – Combinations (Kicks)</li> <li>➤ 7.40 – 7.50 – Sparring (One Step free style)</li> </ul>	<b>Last day for handing in Theory Papers.</b>

SHOGUN TRADITIONAL SHOTOKAN KARATE-DO ACADEMY

	<ul style="list-style-type: none"> <li>➤ 7.50 – 8.00 – Kata.</li> </ul>	
<b>Sunday 31<sup>st</sup></b>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.35 – Combinations (Free)</li> <li>✓ 10.35 – 10.45 – Kata.</li> <li>✓ 10.45 – 11.00. – Bunkai</li> <li>✓ 11.05 – 11.30 – Mats (Take Downs)</li> </ul>	
<b>November 2010</b>		
<b>Thursday 4<sup>th</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Kata Training.</li> <li>➤ 7.00 – 7.25 – Sparring (Free Style Training)</li> <li>➤ 7.30 – 7.40 – Combinations (Kicks Punch)</li> <li>➤ 7.40 – 7.50 – Pads (Punch)</li> <li>➤ 7.50 – 8.00 – Pads (Strike)</li> </ul>	
<b>Sunday 7<sup>th</sup></b>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Kicks</li> <li>✓ 10.25 – 10.35 – Stances.</li> <li>✓ 10.35 – 10.45 – Pads.</li> <li>✓ 10.45 – 11.00 – Kata.</li> <li>✓ 11.05 – 11.30 – Bunkai</li> </ul>	
<b>Thursday 11<sup>th</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Ten no Kata training ( Basics)</li> <li>➤ 7.00 – 7.25 – Sparring (Three Step)</li> <li>➤ 7.30 – 7.40 – Sparring (One Step)</li> <li>➤ 7.40 – 7.50 – Pads (Kicks)</li> <li>➤ 7.50 – 8.00 – Kata.</li> </ul>	
<b>Sunday 14<sup>th</sup></b>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Ten no Kata.</li> <li>✓ 10.25 – 10.35 – Combinations.</li> <li>✓ 10.35 – 10.45 – Basic Kicks</li> <li>✓ 10.45 – 11.00 – Pads</li> <li>✓ 11.05 – 11.30 – Bunkai.</li> </ul>	
<b>Thursday 18<sup>th</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Stance training.</li> <li>➤ 7.00 – 7.25 – Combinations (Kicks Punch)</li> <li>➤ 7.30 – 7.40 – Parts from Kata (Kicks)</li> <li>➤ 7.40 – 7.50 – Parts from Kata (Free)</li> <li>➤ 7.50 – 8.00 – Sparring (One Step Free Style)</li> </ul>	
<b>Sunday 21<sup>st</sup></b>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.30 – Parts from Kata.</li> <li>✓ 10.30 – 10.40 – Strikes.</li> <li>✓ 10.40 – 10.50 – Basic Kicks</li> <li>✓ 10.50 – 11.00 – Combinations (Hands)</li> <li>✓ 11.05 – 11.30 – Bunkai</li> </ul>	

SHOGUN TRADITIONAL SHOTOKAN KARATE-DO ACADEMY

<b>Thursday 25<sup>th</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Kata training.</li> <li>➤ 7.00 – 7.25 – Kata training.</li> <li>➤ 7.30 – 7.40 – Kata training.</li> <li>➤ 7.40 – 7.50 – Sparring (Three Step)</li> <li>➤ 7.50 – 8.00 – Sparring (One Step)</li> </ul>	
<b>Sunday 28<sup>th</sup></b>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Blocks + Punch Combinations.</li> <li>✓ 10.25 – 10.35 – Kicks Combinations.</li> <li>✓ 10.35 – 10.45 – Kata.</li> <li>✓ 10.45 – 11.00 – Basics using Partners.</li> <li>✓ 11.05 – 11.30 – Bunkai</li> </ul>	
<b>December 2010</b>		
<b>Thursday 2<sup>nd</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 – Basic (Block + Punch)</li> <li>➤ 7.00 – 7.25 – Combinations (Kicks Punch)</li> <li>➤ 7.30 – 7.40 – Sparring (One Step)</li> <li>➤ 7.40 – 7.50 – Sparring (One Step - Free)</li> <li>➤ 7.50 – 8.00 – Kata.</li> </ul>	
<b>Sunday 5<sup>th</sup></b>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Kata.</li> <li>✓ 10.25 – 10.35 – Parts from Kata.</li> <li>✓ 10.35 – 10.45 – Kata again.</li> <li>✓ 10.45 – 11.00 – Grading Talk + Practice.</li> <li>✓ 11.05 – 11.30 – Bunkai</li> </ul>	
<b>Thursday 9<sup>th</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 to 7.15 - Kata (Sections)</li> <li>➤ 7.15 - 7.25 - Basic kicks.</li> <li>➤ 7.30 - 7.40 - Basic strikes.</li> <li>➤ 7.40 - 7.50 - Combinations (Block Punch)</li> <li>➤ 7.50 - 8.00 – Sparring (3 Step)</li> </ul>	
<b>Sunday 12<sup>th</sup></b>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.30 – Parts from Kata.</li> <li>✓ 10.30 – 10.40 – Strikes.</li> <li>✓ 10.40 – 10.50 – Basic Kicks</li> <li>✓ 10.50 – 11.00 – Combinations (Hands)</li> <li>✓ 11.05 – 11.30 – Mats Take Downs + Jumps from Kata.</li> </ul>	<p><b>Grading</b>  <b>All Students to come to this. As it will be used as a normal class.</b>  <b>Note: All should support our fellow Students.</b></p>
<b>Thursday 16<sup>th</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> </ul>	

**SHOGUN TRADITIONAL SHOTOKAN KARATE-DO ACADEMY**

	<ul style="list-style-type: none"> <li>➤ 6.45 – 7.00 - Basic Punch.</li> <li>➤ 7.00 – 7.25 – Sparring (One Step)</li> <li>➤ 7.30 – 7.40 – Combinations (Kicks)</li> <li>➤ 7.40 – 7.50 – Sparring (One Step free style)</li> <li>➤ 7.50 – 8.00 – Kata.</li> </ul>	
<b>Sunday 19<sup>th</sup></b>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Ten No Kata.</li> <li>✓ 10.25 – 10.35 – Kicks</li> <li>✓ 10.35 – 10.45 – Pads (Punch)</li> <li>✓ 10.45 – 11.00 – Kata.</li> <li>✓ 11.05 – 11.30 – Sparring on Mats.</li> </ul>	<b>Presentations for successful students in Grading/Exam.</b>
<b>Thursday 23<sup>rd</sup></b>	<ul style="list-style-type: none"> <li>➤ 6.30 – 6.45 - Exercise + Etiquette.</li> <li>➤ 6.45 – 7.00 - Basic Punch.</li> <li>➤ 7.00 – 7.25 – Sparring (One Step)</li> <li>➤ 7.30 – 7.40 – Combinations (Kicks)</li> <li>➤ 7.40 – 7.50 – Sparring (One Step free style)</li> <li>➤ 7.50 – 8.00 – Kata.</li> </ul>	
<b>Sunday 26<sup>th</sup></b>	<b>No Class</b>	
<b>Thursday 30<sup>th</sup></b>	<b>No Class</b>	
<b>January 2011</b>		
<b>Sunday 2<sup>nd</sup></b>	<ul style="list-style-type: none"> <li>✓ 10.00 – 10.15 – Exercise + Etiquette.</li> <li>✓ 10.15 – 10.25 – Ten No Kata.</li> <li>✓ 10.25 – 10.35 – Kicks</li> <li>✓ 10.35 – 10.45 – Pads (Punch)</li> <li>✓ 10.45 – 11.00 – Kata.</li> <li>✓ 11.05 – 11.30 – Sparring on Mats.</li> </ul>	