

HUNGSAODO KARATE SCHEDULE FOR 2015 – ALL AT PERCY HEDLEY SCHOOL – FOREST HALL \*\*\*CLASSES FOR RED BELT AND ABOVE UNLESS SPECIFIED \*\*\*\*\*

FEB	MAR	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOV	DECEMBER
1/2/15 10-11 am Self Defence 11-12 Staff/Bokken 12-12.30pm Strength and Conditioning	1/3/15  10-12pm Sparring – Light point, semi and continuous 12-1230pm Stretching	19/4/15 10-11.00am Impact Techniques. 11-12.00pm Self Defence 12-12.30pm Staff	10/5/15 10-11am Hand Tech 11-12.00pm Leg Tech 12-12.30pm Sparring	7/6/15  Grading	12/7/15  10- 11.00am Staff 11.00- 12.00pm Bokken	2/8/15 10-11.30am Black Tag-Black Belt Syllabus 11.30-12.30pm Self Defence	6/9/15 10-11.00am Strength and Conditioning 11.00-12.00pm Point Sparring 12.00-12.30pm Defence and Offence Techniques	4/10/15  Grading	8/11/15 10-12.30pm Techniques/Staff/ Bokken Forms and Breaking	5/12/15 Black Belt Exam
15/2/15 10-11 am Impact Techniques 11-1230pm Breaking (Juniors will do forms)	8/3/15  Grading		31/5/15 10-11am Techniques 11-12.30pm Breaking Those students eligible for promotion to B.Tag and B. Belt will be informed.	28/6/15 10-11am Offence and Defence Tech. 11-12.00pm Sparring 12-12.15pm Conditioning 12.15- 12.30pm Stretching			20/9/15 10-11.30am Speed,Power and Co-ordination 11.30-12.30pm Technical Aggression	11/10/15 10- 12.30pm  Full syllabus Black Tag to Black Belt	15/11/15 10-12.30pm Class for those going for Black Tag and Black Belt Gradings only.	6/12/15 Annual Seminar
	22/3/15  10-11.30 White- Black Belt. Sparring. 11.30- 12.30pm Strength and Conditioning.							18/10/15 10- 12.00pm White to Black Belt. Technical discipline. Impact Tech 12- 1.00pm Breaking. Adults only.	22/11/15 10-12.30pm Class for those going for Black Tag and Black Belt Gradings only.	