

# October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 TEAM K2 KARATE ON GOOGLE  GIVE US A REVIEW IF YOUR HAPPY WITH CLASSES	2 KICKS AND SPARRING DRILLS	3 KICKS AND SPARRING DRILLS	4	5
6	7 SIDE KICKS AND SPINNING OR TURNING KICKS  6PM CLASS KATA	8 SIDE KICKS AND SPINNING OR TURNING KICKS  730 CLASS KATA	9 BAG DRILLS  RED STRIPE TESTING FOR WHITE & GOLD	10 BAG DRILLS  RED STRIPE TESTING FOR WHITE & GOLD	11	12 WEAPONS CLASS 10:30AM  1130 STRIPE TESTING  NIGHT OF THE NINJA 630PM
13	14 BLOCKS OR KATA  RED STRIPE TESTING FOR ORANGE TO PURPLE	15 BLOCKS OR KATA  RED STRIPE TESTING FOR ORANGE TO PURPLE	16 HAND STRIKES & KICKS	17 HAND STRIKES & KICKS  730PM CLASS REVIEW ALL KATA, BLOCKS & KICKS CLASS WILL END AT 830PM	18	19 2PM-6PM ADVANCED BELT TESTING & BLACK BELT TEST
20	21 JUMP KICKS	22 JUMP KICKS	23 SELF- DEFENSE	24 SELF- DEFENSE	25	26
27	28 LOW-HIGH ROUND COMBOS  6PM CLASS KATA	29 LOW-HIGH ROUND COMBOS  7:30 CLASS HOOK KICKS	30 BAG DRILLS	31 CLOSED NO CLASSES		