

	<p align="center">ROFFEY WADOKAI EVENT CALENDAR JULY – DECEMBER 2017</p>
<p>SUNDAY 9TH JULY</p>	<p align="center"><u>PRE – GRADING COURSE FOR ALL GRADES</u></p> <p align="center">10am -- 12pm Normal Class costs apply</p> <p align="center">You can train for just an hour if you wish. LOWER GRADE SYLLABUS 1ST HOUR HIGHER GRADE SYLLABUS 2ND HOUR</p> <p>Lower grades can stay for the whole course if they wish. This is an ideal opportunity to improve the techniques and skills you need for your next grading. These courses are very focussed so you need to be prepared to work really hard - if you do the benefits are worth it</p> <p>I can only run these courses if enough students attend so you MUST let me know by putting your name on the noticeboard list</p>
<p>SUNDAY 23RD JULY</p>	<p align="center">ROFFEY WADOKAI KYU GRADING</p> <p align="center"><i>10am start</i></p> <p align="center"><i>Grading cost is £15 (KYU) £8 (MON Half belt)</i></p> <p align="center"><i>OPEN ONLY TO THOSE STUDENTS ELIGIBLE TO TRY FOR THEIR NEXT BELT or HALF BELT</i></p> <p align="center"><u>STUDENTS MUST KNOW THEIR SYLLABUS KATAS AND BLOCKS BEFORE THE GRADING!</u></p> <p align="center"><i>Please ask any of the Instructors if you are unsure about what you need to do for your Grading</i></p> <p align="center"><i>We try to cover all you need on a regular basis but if there is anything you are unsure of LET US KNOW <u>PLEASE PUT YOUR NAME ON THE LIST AND SPEAK TO SENSEI PHIL</u></i></p>

**SUMMER
HOLIDAY
CLASSES**

ROFFEY WADOKAI SUMMER CLASS DETAILS 2017

JULY

TUESDAY	25 TH JULY	6.30pm – 7.30pm	ALL JUNIORS WELCOME
		7.30pm – 8.30pm	ALL SENIORS WELCOME
THURSDAY	27 TH JULY	6.30pm – 7.30pm	ALL STUDENTS WELCOME

AUGUST

**THERE WILL BE NO CLASSES FROM
SATURDAY 29TH JULY TO SATURDAY 5TH
INCLUSIVE!**

TUESDAY	8 TH AUGUST	6.30pm – 7.30pm	ALL JUNIORS WELCOME
		7.30pm – 8.30pm	ALL SENIORS WELCOME
THURSDAY	10 TH AUGUST	6.30pm – 7.30pm	ALL STUDENTS WELCOME
SATURDAY	12 TH AUGUST		NORMAL CLASSES
TUESDAY	15 TH AUGUST	6:30pm - 7:30pm	ALL JUNIORS WELCOME
		7:30pm - 8:30pm	ALL SENIORS WELCOME
THURSDAY	17 TH AUGUST	6.30pm – 7.30pm	ALL STUDENTS WELCOME

**THERE WILL BE NO CLASSES FROM
SATURDAY 19TH - TO SATURDAY 26th INCLUSIVE!**

TUESDAY	29 TH	6:30pm - 7:30pm	ALL JUNIORS WELCOME
		7:30pm - 8:30pm	ALL SENIORS WELCOME
THURSDAY	31 ST AUGUST	6.30pm – 7.30pm	ALL STUDENTS WELCOME

SEPTEMBER

**NORMAL CLASSES RESTART FROM SATURDAY 2ND
SEPTEMBER**

**PLEASE WATCH OUT FOR CHANGES / UPDATES ON THE
WEBSITE AND ON OUR FACEBOOK PAGE**

**PLEASE CONTACT ME IF YOU HAVE ANY QUERIES on
07708-432682 OR wadoguard@icloud.com**

MANY THANKS AND HAVE A GREAT SUMMER SENSEI PHIL

**ROFFEY WADOKAI EVENT CALENDAR
JULY – DECEMBER 2017**

**SUNDAY 24th
SEPTEMBER**

10:00 – 12:00

ROFFEY WADOKAI KATA COURSE

10AM – 12PM Normal Class Costs apply

As so many of you have been very enthusiastic about your Kata and keen to learn and improve, we are running a course designed to help you do that.

There will be a KATA COMPETITION early in 2018 so we will be covering the requirements of Competition and how to perform your Kata to the best of your ability

I can only run these courses if enough students attend so you MUST let me know by putting your name on the noticeboard list

**SUNDAY 8TH
OCTOBER**

10:00 – 12:00

**SELF DEFENCE & PERSONAL
PROTECTION COURSE**

**THIS COURSE IS OPEN TO STUDENTS AND
NON STUDENTS!!**

**YOU MUST BE AGED 12 OR OLDER
PLEASE PASS DETAILS ON TO YOUR
FRIENDS AND FAMILY**

It is designed as an introduction to Self defence, giving you an insight into recognising signals of aggression and the associated body language. We will then cover verbal and physical techniques designed to diffuse threatening situations. Lastly we will cover simple physical techniques which are designed to keep you safe and combat threat.

Sensei Phil is qualified with the British Self Defence Governing Body and has run courses for Millais School, Horsham District Council and others.

Absolutely no prior experience of Martial Arts is needed.

	ROFFEY WADOKAI EVENT CALENDAR JULY – DECEMBER 2017
Half Term Classes	SATURDAY 21ST OCTOBER NORMAL CLASSES TUESDAY 24TH OCTOBER 6:30 – 7:30 ALL JUNIORS 7:30 - 8:30 ALL SENIORS THURSDAY 26TH NO CLASSES SATURDAY 28TH NO CLASSES
SUNDAY 5TH NOVEMBER 10:00 – 12:00	BLACK AND BROWN BELT PRE GRADE COURSE 10am – 12pm class costs apply OPEN TO ALL STUDENTS FROM PURPLE BELT UPWARDS A SPECIFIC AIM IS TO ASSIST THOSE STUDENTS MOVING UP INTO OR WITHIN BROWN BELT GRADES ALSO TO HELP THOSE STUDENTS WHO ARE ABOUT TO TAKE A DAN GRADES? WE WILL COVER SOME OF THE MORE COMPLICATED TECHNIQUES IN DETAIL AND ASPECTS OF KATA DESIGNED TO IMPROVE YOUR KNOWLEDGE AND PERFORMANCE
SUNDAY 19TH NOVEMBER 10:00 –	<i>DAN GRADING FOR 1ST 2ND & 3RD DAN</i> <i>IF YOU ARE ELIGIBLE I NEED TO KNOW IMMEDIATELY IF YOU</i> <i>INTEND TO TAKE A DAN GRADE</i>
DATE TO BE DECIDED 10:00 – 12:00	WEAPONS COURSE 10am – 12pm class costs apply COVERING: SWORDS; SABRES; NUNCHUKU; BO STAFF; KNIVES WE HAVE RUN THESE BEFORE AND THEY ARE ALWAYS INTERESTING AND FUN. OPEN TO ALL STUDENTS AGED 10 AND OVER <i>Please make sure you put your name on the noticeboard list to indicate</i> <i>if you are interested on this course and I will arrange a date</i>
	ROFFEY WADOKAI EVENT CALENDAR JULY – DECEMBER 2017
SUNDAY 10	<u>PRE – GRADING COURSE FOR ALL GRADES</u>

<p>TH DECEMBER</p> <p>10am – 12pm</p>	<p>10am -- 12pm Normal Class costs apply</p> <p>You can train for just an hour if you wish LOWER GRADE SYLLABUS 1ST HOUR HIGHER GRADE SYLLABUS 2ND HOUR</p> <p>Lower grades can stay for the whole course if they wish. This is an ideal opportunity to improve the techniques and skills you need for your next grading. These courses are very focussed so you need to be prepared to work really hard - if you do the benefits are worth it</p> <p>I can only run these courses if enough students attend <u>so you MUST let me know by putting your name on the noticeboard list</u></p>
<p>SUNDAY 17TH DECEMBER</p> <p>10am –</p>	<p>ROFFEY WADOKAI KYU GRADING</p> <p>10am start</p> <p>Grading cost is £15 (KYU) £8 (MON Half belt)</p> <p><i>OPEN ONLY TO THOSE STUDENTS ELIGIBLE TO TRY FOR THEIR NEXT BELT or HALF BELT</i></p> <p><u>STUDENTS MUST KNOW THEIR SYLLABUS KATAS AND BLOCKS BEFORE THE GRADING!</u></p> <p><i>Please ask any of the Instructors if you are unsure about what you need to do for your Grading</i></p> <p><i>We try to cover all you need on a regular basis but if there is anything you are unsure of LET US KNOW</i> <u>PLEASE PUT YOUR NAME ON THE LIST AND SPEAK TO SENSEI PHIL</u></p>
<p>TUESDAY 19TH DECEMBER</p>	<p>NORMAL CLASSES</p> <p>LAST CLASS BEFORE CHRISTMAS BREAK CLASSES RETURN AS NORMAL ON THURSDAY 4TH JANUARY</p>
	<p>WE WILL BE RUNNING A KATA COMPETITION IN THE NEW YEAR – KEEP AN EYE OUT FOR UPDATES!</p>

