

ROFFEY WADOKAI EVENT CALENDAR JULY - DECEMBER 2019

**SUMMER
HOLIDAY CLASS
DATES**

JULY

TUESDAY 23RD ALL CLASSES NORMAL

THURSDAY 25TH ONE CLASS ONLY 6-7:30

SATURDAY 27TH NORMAL CLASSES

TUESDAY 30TH ONE CLASS 7-8:30 TRAIN FOR 1 HOUR OR 1.5

AUGUST

SATURDAY 3rd NORMAL CLASSES

TUESDAY 6TH ONE CLASS 7 -8:30 TRAIN FOR 1 HOUR OR 1.5

**THURSDAY 8TH --- SATURDAY 24TH INCLUSIVE
NO CLASSES**

TUESDAY 27TH ONE CLASS ONLY 7-8:30

THURSDAY 29TH ONE CLASS 6-7:30

CLASSES BACK TO NORMAL FROM SATURDAY 31ST

CHECK WITH FACEBOOK PAGE OR CONTACT SENSEI PHIL
FOR UPDATES

**SUNDAY
29th SEPTEMBER**

**ROFFEY WADOKAI
KATA COURSE 10am – 12pm**

This course is for those students who enjoy KATA and wish to improve
the ones they know and to learn a new one.

We will also have the opportunity of learning a competition Kata and
understanding how to put that competition polish to your favourite
KATA. We have Dan Grades who have competed at a high level and also
who have Judged in competitions so a great opportunity to extend your
sunderstanding and ability of KATA
Please put your name on the noticeboard list

**SUNDAY
OCTOBER 20TH**

**ROFFEY WADOKAI
KUMITE COURSE / TRAINING 10am – 12pm**

FOR THOSE OF YOU WHO WISH TO LEARN MORE ABOUT FREE
FIGHTING TECHNIQUES.

ROFFEY WADOKAI EVENT CALENDAR JULY - DECEMBER 2019

**OCTOBER
HALF TERM**

<p>SATURDAY 27TH TUESDAY 29th THURSDAY 31st SATURDAY 2nd NOVEMBER</p>	<p>NORMAL CLASSES NO CLASSES NO CLASSES NO CLASS</p>
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**SUNDAY 10TH
NOVEMBER**

BLACK Belt and 1st KYU PRE GRADE COURSE

10am -12.00pm

Normal Class costs apply

This course is aimed primarily at 1st Kyu students but any Brown Belt can attend, Thus will be an ideal opportunity for those students looking to become Black Belts and also for those who already are.

We will be focussing on a mixture of High Katas, the higher blocks especially Kumite Gata and some techniques not many will know.

We will run through some aspects of the Bunkai (applications) of KATA and how to prepare your Knife and Stick defences.

As ever these courses can only run if enough people attend. I need to know in plenty of time so please put your name on the list which will be on the noticeboard.

Any queries please let me know 07708-432682 Sensei Phil

**SUNDAY 17TH
NOVEMBER**

BLACK BELT GRADING OPEN TO ALL 1ST KYUS, and DAN GRADES

Speak to Sensei Phil to confirm eligibility

**SUNDAY 8th
DECEMBER**

PRE – GRADING COURSE FOR ALL GRADES

Normal Class Costs apply

10am -- 12.00pm

This course is open to all students and is to assist you in preparation for the Grading on Sunday 22nd July

Juniors below Green belt should attend for just the first hour;

Juniors above Green belt and all Seniors can attend for 2 Hours if they wish.

The course can only run with your support and is for your benefit. Please put your name on the Noticeboard List

	ROFFEY WADOKAI EVENT CALENDAR JULY - DECEMBER 2019
SUNDAY 15TH DECEMBER	ROFFEY WADOKAI KYU GRADING 10am start Grading cost is £15 This Grading is open to all students. We will aim to start at 10am for those going for Red belt. You need to make sure your licence is up to date and you must wear your Karate GI (suit) It is always difficult to estimate timings for later grades so please speak to Sensei Phil about your grade. You need to make sure you know your grade syllabus (everything you need to get your next belt). If you are unsure of anything please ask one of the Senseis
TUESDAY 17TH DECEMBER	LAST TRAINING SESSIONS OF YEAR (GAMES / SWEETS) JUNIORS 6:30 – 7:30 SENIORS 7:30 – 8:30 Have a Safe and Happy Christmas