

Progress Checks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Little Champions White – Orange Kids & Adults White – Orange	1 Easter Monday No Classes	2 Bunkai / Self Defence	3 Kumite Weapons Class – Bo	4 Bunkai / Self Defence	5	6 Bunkai / Self Defence	7
Core Skills – Instructor Free Choice throughout school holiday period							
Little Champions Green – Black Kids, Teens & Adults Green – Blue	8 Bunkai / Self Defence Weapons Class – Bo	9 Kumite	10 Bunkai / Self Defence Weapons Class – Sai +	11 Kumite	12 Weapons Class – Bo	13 Kumite Match Practice Day	14
Core Skills – Instructor Free Choice throughout school holiday period							
Little Champions White – Orange Kids, Teens & Adults Purple – Brown *	15 Start School Term 2 FOCUS Kumite Weapons Class – Sai +	16 FOCUS Bunkai / Self Defence	17 BALANCE Kumite Weapons Class – Bo	18 BALANCE Bunkai / Self Defence	19 Weapons Class – Sai	20 TEAMWORK Bunkai / Self Defence Beginner Weapons Workshop (1-4pm)	21 Senior Training Brown & Black Belts (Gold Coast)
Little Champions Green – Black Kids, Teens & Adults Black *	22 COORDINATION Bunkai / Self Defence Weapons Class – Bo	23 COORDINATION Kumite	24 MEMORY Bunkai / Self Defence Weapons Class – Sai +	25 Anzac Day No Classes	26 Bunkai / Self Defence Weapons Class – Bo	27 Committee Meeting SELF-DISCIPLINE Kumite Grading (white-green)	28
Little Champions White – Orange Kids, Teens & Adults White – Orange	29 FITNESS Kumite Weapons Class – Sai +	30 FITNESS Bunkai / Self Defence					

* Purple – Black Belt Progress Checks (Kids, Teens & Adults): All students at this level are encouraged to submit a video of kata & bunkai for review during these weeks.

Coming Up In May/June

Mothers Day

Karate is more fun with mum in your corner.

All Mums who join in May, 28 day trial for just \$7.

If mum joins, kids earn \$100 credit to spend at SCK

Sunshine Coast Tournament

Sunday, 9 June

Divisions for all ages and levels

Entries Close Sat 26 May

Leadership Training – Saturday, 11 May

Applications now open to become a leader: Students green/white stripe or above are welcome to apply. Contact instructors.

RSVP: Thursday, 9 May via Clubworx booking