

Progress Checks	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3	4
					Home Training Challenge Check the SCK members website for more info.		
Little Champions White – Orange Kids & Adults White – Orange	5 Classes Resume Balloon Games Kumite Weapons Class – Sai +	6 Bridge of Doom Bunkai / Self Defence	7 Sumo Challenge Kumite Weapons Class – Bo	8 Board Breaking Bunkai / Self Defence	9 No Friday Squad Classes In January	10 Belt Steal Bunkai / Self Defence	11
Little Champions Green – Black Kids, Teens & Adults Green – Blue	12 Belt Steal Bunkai / Self Defence Weapons Class – Bo	13 Balloon Games Kumite	14 Bridge of Doom Bunkai / Self Defence Weapons Class – Sai +	15 Sumo Challenge Kumite	16 No Friday Squad Classes In January	17 Dodgeball Kumite Soke Cup Squad 12:00-2:00pm	18 Family Fun Beach Training
Little Champions White – Orange Kids, Teens & Adults Purple – Brown *	19 FOCUS Kumite Weapons Class – Sai +	20 FOCUS Bunkai / Self Defence	21 BALANCE Kumite Weapons Class – Bo	22 BALANCE Bunkai / Self Defence	23 No Friday Squad Classes In January	24 Australia Day Long Weekend Dojo Closed	25
Little Champions Green – Black Kids, Teens & Adults Black* & Leadership	26 Australia Day Public Holiday Dojo Closed	27 CO-ORDINATION Kumite	28 MEMORY Bunkai / Self Defence Weapons Class – Sai +	29 MEMORY Kumite	30 No Friday Squad Classes In January	31 SELF DISCIPLINE Kumite	

* 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 February

Brown & Black Belt Training (GC)
With Noonan Sensei (7th Dan, Kyoshi)
Dan Gradings (By Invitation)
Sat, 28 February (Times TBC)

Sign-On Day – Sat, 7 Feb
Help us get the word out
Tell your family & friends

Interested In Competing In 2026?
Free trial of tournament Squad classes (Fridays) for all members interested in competing (4 free classes). Contact dojo staff to activate your squad trial.