

2019 Karate Practice Schedule

	Tuesday	7:00 to 8:30 pm	Thursday	7:00 to 8:30 pm
Jan				
	8	Principles of structure & movement - Sanchin & Tensho Kata	10	Principles of structure & movement - Sanchin & Tensho & Naiphanchin Kata
	15	Pinan Shodan Kata - Zanshin : Being Present from first contact	17	Jiin Kata - Zanshin, Atari & Musubi : Connection and Capture
	22	Shinsei Kata	24	Jutte (Jitte) Kata
	29	Cancelled Due to Snow	31	Jiin & Jitte - Sabaki (Movement)
Feb				
	5	Pinan Nidan Kata	7	Jion Kata
	12	Cancelled Due to Snow	14	Rohai Kata - Evolution of a Kata
	19	Juroku Kata - Always Enter	21	Kosookun Dai Kata
	26	Pinan Sandan Kata	28	Matsukaze (Wankan) Kata
March				
	5	Happosho Kata	7	Bassai Sho Kata
	12	Pinan Yondan Kata	14	Bassai Dai Kata
	19	Pinan Godan Kata	21	Chinto Kata
	26	Kenshu Kata	28	Kosookun Sho Kata
April				
	2	Kensho Kata	4	Niseishi (Nijushiho) Kata
	9	Bassai Dai Kata	11	Unshu Kata
	16	Shimpa Kata	18	Seipai Kata
	28	Wanshu Kata	25	ShihoKosookun Kata
	30	Seienchin Kata		

May				
			2	Kururumpha Kata
	7	Aoyagi Kata	9	Chintei Kata
	14	Kenpaku Kata	16	Nipaipo Kata
	21	Jiin Kata	23	Useishi (Gojushiho) Kata
	28	Jitte Kata	30	Tomari Bassai Kata
June				
	4	Jion Kata	6	Sanseiru Kata
	11	Bassai Dai Kata	13	Suparinpai Kata
	18	Seienchin Kata	20	Happoren Kata
	25	Miyoyo Kata	27	
July				
	2		4	No class - Independence Day
	9		11	
	16		18	
	23		25	
	30	No Class - Summer Break		
August				
	6	No Class - Summer Break	8	No Class - Summer Break
	13	No Class - Summer Break	15	No Class - Summer Break
	20	Class Resumes	22	
	27		29	

Sept				
	3		5	
	10		12	
	17		19	
	24		26	
Oct				
	1		3	
	8		10	
	15		17	
	22		24	
	29		31	
Nov				
	5		7	
	12		14	
	19		21	
	26		28	Thanksgiving - No Class
Dec				
	3		5	
	10		12	
	17		19	Last class of 2019
	24	No class - Winter Break	26	No class - Winter Break
	31	No class - Winter Break		

2020				
Jan	Tuesday	January 2020	Thursday	January 2020
			2	No class - Winter Break
	7	First class of 2020	9	
	14		16	
	21		23	
	28		30	