

TRAINING SCHEDULE UNTIL CHRISTMAS 2011

MONDAYS		TUESDAYS		WEDNESDAYS		THURSDAYS		FRIDAYS		SATURDAYS	
26/09/11		27/09/11	FORMS & WEAPONS	28/09/11	TECHNIQUES BREAKFALLS	29/09/11	FORMS & TECHNIQUES	30/09/11	FORMS BREATHING MEDITATION	01/10/11	TECHNIQUES & WEAPONS
03/10/11	GRADING	04/10/11	TECHNIQUES BREAKFALLS	05/10/11	FORMS & TECHNIQUES	06/10/11	FORMS BREATHING MEDITATION	07/10/11	TECHNIQUES & WEAPONS	08/10/11	STRIKING BLOCKING SPARRING
10/10/11		11/10/11	FORMS & TECHNIQUES	12/10/11	FORMS BREATHING MEDITATION	13/10/11	TECHNIQUES & WEAPONS	14/10/11	STRIKING BLOCKING SPARRING	15/10/11	TECHNIQUES BREAKFALLS
17/10/11		18/10/11	FORMS BREATHING MEDITATION	19/10/11	NO LESSONS KJN & KSN WITH GM TIMMERMAN	20/10/11	NO LESSONS KJN & KSN WITH GM TIMMERMAN	21/10/11	NO LESSONS - DAHN TESTING	22/10/11	NO LESSONS - SEMINAR IN RUGBY
24/10/11	SEMINAR WITH GRAND MASTER	25/10/11	TECHNIQUES & WEAPONS	26/10/11	STRIKING BLOCKING SPARRING	27/10/11	FORMS & WEAPONS	28/10/11	TECHNIQUES BREAKFALLS	29/10/11	FORMS BREATHING MEDITATION
31/10/11		01/11/11	STRIKING BLOCKING SPARRING	02/11/11	FORMS & WEAPONS	03/11/11	TECHNIQUES BREAKFALLS	04/11/11	FORMS & TECHNIQUES	05/11/11	TECHNIQUES & WEAPONS
07/11/11	GRADING	08/11/11	FORMS & WEAPONS	09/11/11	TECHNIQUES BREAKFALLS	10/11/11	FORMS & TECHNIQUES	11/11/11	FORMS BREATHING MEDITATION	12/11/11	STRIKING BLOCKING SPARRING
14/11/11		15/11/11	TECHNIQUES BREAKFALLS	16/11/11	FORMS & TECHNIQUES	17/11/11	FORMS BREATHING MEDITATION	18/11/11	TECHNIQUES & WEAPONS	19/11/11	TECHNIQUES BREAKFALLS
21/11/11		22/11/11	FORMS & TECHNIQUES	23/11/11	FORMS BREATHING MEDITATION	24/11/11	TECHNIQUES & WEAPONS	25/11/11	STRIKING BLOCKING SPARRING	26/11/11	FORMS & TECHNIQUES
28/11/11		29/11/11	FORMS BREATHING MEDITATION	30/11/11	TECHNIQUES & WEAPONS	01/12/11	STRIKING BLOCKING SPARRING	02/12/11	FORMS & WEAPONS	03/12/11	FORMS BREATHING MEDITATION
05/12/11		06/12/11	TECHNIQUES & WEAPONS	07/12/11	STRIKING BLOCKING SPARRING	08/12/11	FORMS & WEAPONS	09/12/11	TECHNIQUES BREAKFALLS	10/12/11	TECHNIQUES & WEAPONS
12/12/11		13/12/11	STRIKING BLOCKING SPARRING	14/12/11	FORMS & WEAPONS	15/12/11	TECHNIQUES BREAKFALLS	16/12/11	FORMS & TECHNIQUES	17/12/11	STRIKING BLOCKING SPARRING
19/12/11		20/12/11	FORMS & WEAPONS	21/12/11	FINAL GRADING 2011	22/12/11	XMAS BREAK	23/12/11	XMAS BREAK	24/12/11	XMAS BREAK
26/12/11	XMAS BREAK	27/12/11	XMAS BREAK	28/12/11	XMAS BREAK	29/12/11	XMAS BREAK	30/12/11	XMAS BREAK	31/12/11	XMAS BREAK