

IPPON



KARATE ACADEMY

KATA & KUMITE SQUAD CLASSES

Every Thursday at 6.45pm

Check below for discipline dates

KATA

9th February
16th February
2nd March
16th March
30 March
13th April
27th April
11th May
25th May
8th June
22nd June
6th July
20th July
3rd August
17th August
31st August
14th September
28th September
12th October
26th October
9th November
23rd November

KUMITE

9th February
23rd February
9th March
23rd March
6th April
20th April
4th May
18th May
1st June
15th June
29th June
13th July
27th July
10th August
24th August
7th September
21st September
5th October
19th October
2nd November
16th November
23rd November

KUMITE EQUIPMENT REQUIREMENTS

WKF/AKF Approved gloves, shin guards and instep protectors which MUST cover the toes, Blue and Red belts. Moulded mouth guard and a body protector, white head protectors are compulsory for all children's divisions. WKF/AKF Groin guard for males of all ages and chest guard for female cadets and above. Small exercise book & pen

KATA EQUIPMENT REQUIREMENTS

Blue and Red belts must be used, white plain singlet for females, heavier weight kata gi/uniform recommended. Small exercise book & pen