

IPPON

KARATE ACADEMY

KATA & KUMITE SQUAD CLASSES

Every Thursday at 6.45pm

Check below for discipline dates

KATA

*8th February****

15th February

*Saturday 24th February**

29th February

14th March

28th March

11th April

9th May

23rd May

6th June

20th June

*4th July***

11th July

25th July

8th August

22nd August

5th September

19th September

3rd October

17th October

31st October

8th November

22nd November

29th November

KUMITE

*8th February****

22nd February

*Saturday 24th February**

7th March

21st March

4th April

18th April

2nd May

16th May

30th May

13th June

27th June

*4th July***

18th July

1st August

25th August

29th August

12th September

26th September

10th October

24th October

1st November

15th November

29th November

*Compulsory training seminar with Seiko Kurumjai & Rimi Kajikawa Sensei

**Compulsory squad class with Shinichi Mizoguchi Sensei

***Team photo session

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