

Empty Hands KaraTe School



2009 Calendar

Key	Highlights
	Half Term/Holidays
	Ramadan Period
	Dojo Closed
	Workshops/Events
	Gradings
	Instructor Training
	Awards/Newsletters

School Address:

St Andrews Church Hall
The Drive
Ilford

Essex IG1 3PE

Contact details:

fax: 0871 433 8792

mobile: 07931 300 470 (*School Manager*)

www.emptyhands.co.uk

info@emptyhands.co.uk (*School Staff*)

Time-Table—Drop-In Lessons - Thursday:

Practise Session 6:40pm - 7:00pm

Junior Class 7:00pm - 8:00pm

Adult Class 8:00pm - 9:30pm

Workshops/Seminars/Gradings/Private

Tuition: (Saturday) 2:00pm - 5:00pm

JANUARY						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

1st Jan: Dojo Closed
18th Jan: Instructors Class at PD
31st Jan: Brush Painting Workshop

MARCH						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

5th March: Mock Grading
22nd March: Shiatsu Training
28th March: Grading 2pm - 3:30pm
& Kumite Seminar: 3:30pm - 5pm
(Grading/Seminar by John-Sensei)

MAY						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

9th May: Instructors Workshop: PD
10th May: Shihan Kanazawa Seminar
16th May: Kata/Bunkai Workshop
2pm - 5pm
30th May: Instructors Course (f)

JULY						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

25th July: Grading 2pm - 3:15pm
& Kumite Seminar: 3:30pm - 5pm
(Grading supervised by Shihan Chris Rowen followed by Workshop)
9/16th July: Q2 Award/Newsletter

SEPTEMBER						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

During the month of Ramadan, Dojo will be open from 8:00pm - 9:00pm, open drop in class for all levels.

NOVEMBER						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

7th Nov: Kihon Workshop: 3-4:15pm
5th Nov: Mock Grading
28th Nov: Grading 2pm - 3:15pm
& Kumite Seminar: 3:30pm - 5pm
(Grading/Workshop by Shihan C.J.R.)

FEBRUARY						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

22nd Feb: Instructors Class at PD
28th Feb: Anatomy Workshop

APRIL						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	30	

2nd April: Q1 Award
9th April: Dojo Closed
18th April: Internal Training & Posture Testing Workshop
26th April: Shiatsu Training

JUNE						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

4th June: Dojo Closed (Election)
6th June: Instructors Course (f)
25th June: Mock Grading
27th June: Kumite Workshop 2-5

AUGUST						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

15th Aug: Self Defence Drills Workshop 2pm - 4:15pm
27th Aug: Dojo Closed due to Ramadan timing.

OCTOBER						
S	M	T	W	T	F	S
						3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

3rd Oct: Kumite Drills Workshop 2pm - 5pm
15th Oct: Q3 Award

DECEMBER						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	

17th Dec: End of Year Reviews
17th Dec: Year End Awards
1st Jan 10: End of Year Newsletter