

EmptyHands KaraTe School



2010 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:

Junior Class 7:00pm - 8:00pm
Advance Class 8:00pm - 9:00pm
Bespoke Adult Class 8:00pm - 9:30pm
Workshops/Seminars/Gradings/Private
Tuition: (Saturday) 2:00pm - 4/5pm

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						

7th Jan: Dojo Closed due to Snow
Coaching
1st Workshop; Syllabus review

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			

Coaching
3rd Workshop; Kicking Form
25th March; Mock Grading

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					

6th May; election
30th - 3rd; JKAE Instructors Course
Coaching
4th Workshop; Kumite

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

1st July; Mocking Grading
Grading & Master Workshop 2-5pm
3rd Jul: Workshop 6; Kata Dynamics
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		

Dojo re-open after Ramadan
8th Workshop; Syllabus Review

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				

10th Workshop; KaraTe Strategy
11th Nov; Mock Grading
Dojo closed due to Eid
Instructors course with Kancho Kanazawa
Dates to be confirmed by SKIF

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						

Zen Retreat
Coaching
2nd Workshop; Kata/Bassai Dai

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	

1st April: Q1 Award
8th April: Dojo Closed
15th April: Dojo Closed
Grading & Jo Seminar; 2pm - 5pm
30th - 3rd; JKAE Instructors Course

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			
28	29	30				

5th Workshop; Kumite

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				

7th Workshop; Anatomy & Physiology for KaraTe
27th-29th JKAE Instructors Course

OCTOBER						
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 Workshop; Bunkai

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	

11th Workshop; Grading revision
Grading and Jo Seminar 2pm - 5pm