

EmptyHands KaraTe School



2012 Calendar

Key	Highlights
	Half Term/Holidays
	Ramadan/Eid
	Dojo Closed
	Workshops
	Mock Grading
	Grading/Awards
	Weekly Dojo Session
	Bank Holiday

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*)

Weekly Thursday Evening Timetable:

Junior Beginner Class 7:00pm - 8:00pm

Junior Intermediate Class 7:00pm - 8:00pm

Junior/Adult Advance Class 8:00pm - 9:00pm

Bespoke Adult Class 8:00pm - 9:00pm

Deshi Class 9pm - 9:30pm

Womens-Only Class 8pm - 9pm

Monthly Saturday Workshops: 2pm - 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				

14th & 28th Jan: Bunkai/Drills
 Beginner/Intermediate; 2pm - 3:30pm
 Advance Students; 2:30pm - 4:00pm
 Yudansha preparation training (1 & 2):
(Invite Only) 3pm - 5pm

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

22nd March: Mock Grading
 10th & 24th March: Empi/Grading Kata
 Beginner/Intermediate: 2pm - 3:30pm
 Advance Students: 2:30pm - 4:00pm
 Yudansha preparation training (5 & 6):
(Invite Only) 3pm - 5pm

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		

4th - 7th May: JKAE Instructor Course
 12th & 26th May: Empi/Grading Kata
 Beginner/Intermediate; 2pm - 3:30pm
 Advance Students; 2:30pm - 4:00pm
 Yudansha preparation training (7 & 8):
(Invite Only) 3pm - 5pm

JULY						
S	M	T	W	T	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

7th July: Grading - 2pm - 3:30pm
 Month of Ramadan (*Dojo Closed*)
 Summer holidays from the 20th July

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

22nd Sept: Set Kumite Workshop
 28th Sept: JKAE Instructor Course
 Beginner/Intermediate; 2pm - 3:30pm
 Advance Students; 2:30pm - 4:15pm

NOVEMBER						
S	M	T	W	T	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

8th Nov: Mock Grading
 10th Nov: Jiyu Kumite
 Beginner/Intermediate; 2pm - 3:30pm
 Yudansha training (11): 3pm - 5pm
 24th Nov: Grading, 2pm to 3:30pm
 Yudansha grading, 3:30pm to 5pm

FEBRUARY						
S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

4th 5th Feb: Zen Conference
 11th & 25th Feb: Kumite (*Ippon/Jiyu*)
 Beginner/Intermediate; 2pm - 3:30pm
 Advance Students; 2:30pm - 4:00pm
 Yudansha preparation training (3 & 4):
(Invite Only) 3pm - 5pm

APRIL						
S	M	T	W	T	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

5th April: Dojo Closed
 12th April: Dojo Closed
 21st April: Grading - 2pm - 3:30pm

JUNE						
S	M	T	W	T	F	S
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

16th Jun: Dojo Forest Training
 Timing and venue to be confirmed
 30th Jun: Tensho Kata/Drills
 Beginner/Intermediate; 2pm - 3:30pm
 Advance Students; 2:30pm - 4:15pm
 28th June: Mock Grading

AUGUST						
S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Month of Ramadan (*Dojo Closed*)
 17th - 18th (*Potential dates for Eid*)
 23rd Aug Dojo re-open after
 Ramadan

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			

6th & 20th Oct: Managing injuries
 Beginner/Intermediate; 2pm - 3:30pm
 Advance Students; 2:30pm - 4:00pm
 Yudansha training (9 & 10): 3 - 5pm
 25th April: Dojo closed due to Eid
 26th - 27th (*Potential dates for Eid*)

DECEMBER						
S	M	T	W	T	F	S
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

13th Dec: End of Year Awards
 20th Dec: Dojo closed for Christmas
 27th Dec: Dojo closed for Christmas

Notes: - Please note that all students are required to attend 80% of all lessons and workshops, this equates to approximately 65 hours per year - **This is REGULATORY requirement.**
 - Most workshops are now split into three sessions; beginner/intermediate, advance & Yudansha preparation sessions. Please attend the correct session based on your rank and invite.