

Empty Hands

KaraTe School



2019 Calendar

Colour Key

 Weekly Dojo Session	 Religious Holidays
 Workshops	 School Holidays
 Specialised Workshops	 Charity Competition
 Black Belt Training	 Bank Holiday
 Mock Grading	 Dojo Closed
 Grading	 Wilson Room Unavail.
 Summer Bootcamp	 CPD

Dojo Addresses, Contact Details & Classes:

Tuesday & Thursday - St Andrews Church Hall, The Drive, Ilford, Essex IG1 3PE

Wednesday - The Drive Methodist Church Hall, Ilford, Essex, The Drive, IG1 3PP

M: 07931 300 470 (School Manager)

W: www.emptyhands.co.uk

E: info@emptyhands.co.uk (School Staff)

Tuesday Class:

6:20pm to 7:20pm (All levels - Fight Club & Jo)

Wednesday Class:

7pm to 8pm (All levels - Fight Club & Bokken)

Thursday Classes:

6:45pm to 8pm (Beginner & Intermediate)

8pm to 9:15pm (Fight Club, Advance Class & Yoga)

Saturday Workshops: 2pm to 5pm (check calendar)

Sunday Yudansha Bootcamp (Invite Only)

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		

(School holidays dates: essex.gov.uk)
 Beginner & Intermediate; 2pm - 4:00pm
 Advance & Yudansha; 2pm - 5pm
 19th Jan: Managing Homework Stress
 Free Yoga class for all parents
<https://www.nhs.uk/anxiety-in-children>

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

30th March: Workshop 3pm to 5pm
 Video Analysis & Karate Coaching
 30th March: Grading - 2pm to 3pm

MAY						
S	M	T	W	T	F	S
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19	20	21	22	23	24	25
26	27	28	29	30	31	

5th May: Potentially 1st day of Ramadan
 Dojo closed during Ramadan

JULY						
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28	29	30	31			

Dojo is open throughout the summer
 13th July: Boxing/Kick Boxing
 作工呂弁カ 亡し日工
 7th July - Yudansha Bootcamp
 Epping Honbu Dojo - Invite Only
 (School holidays dates: essex.gov.uk)

SEPTEMBER						
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29	30					

14th Sept: Weapons Defense
 作工呂弁カ 亡し日工

NOVEMBER						
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24	25	26	27	28	29	30

9th Nov: Mock Grading 2pm to 3pm
 9th Nov: Syllabus Revision 3-5pm
 23rd: Grading - 2pm to 3pm
 23rd Nov: End of Year Master Class

FEBRUARY						
S	M	T	W	T	F	S
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24	25	26	27	28		

9th Feb: Master Workshop on Sanchin/Goju Ryu with Shihan Chris Rowen - 2pm to 5pm

APRIL						
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21	22	23	24	25	26	27
28	29	30				

9th April - 18th April: Closed for Easter
 14th April: Vaisakhi (source: bbc)
 13th - 20th - Annual MDA Instructor
 27th April: Bokken/Jo Kata/Kihon
 27th April - Yudansha Training 5-6pm
 28th: Shiatsu CPD with Rex Lassalle

JUNE						
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23	24	25	26	27	28	29
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Dojo closed during Ramadan
 5th June: Eid Al-Fitr (source: when-is.com)
 27th June: EH YouTube Challenge
 EH Charity Cup - Best Kata or Drill
 Medals for highest scores

AUGUST						
S	M	T	W	T	F	S
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

12th Aug: Eid Al-Adha (source: when-is.com)
 10th Aug: Grading 2-3pm
 10th Aug: Workshop 3pm to 5pm
 Internal Karate
 Dojo closed for end of summer break
 31st Aug: Beginning of Al Hijra/Maharram

OCTOBER						
S	M	T	W	T	F	S
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20	21	22	23	24	25	26
27	28	29	30	31		

12th Oct: Self defence scenarios
 作工呂弁カ 亡し日工
 27th Oct: Divali (source: bbc)
 Dojo closed for half term
 12th Oct - Yudansha Training 5-6pm

DECEMBER						
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				

12th Dec: Awards evening 7pm to 9pm
 12th Dec: End of Year Awards
 17th Dec to 3rd Jan 2019:
 Dojo closed for Christmas and

Important Notes: - Our monthly fees are annualised based on this Yearly Calendar; this includes one weekly lesson plus workshop. All additional classes and masterclasses are charged separately.
 - Please ensure you attend the correct session based on your rank and invite. The above dates and agenda are subject to change due to unforeseen circumstances; in such cases students will be notified in advance.