

2018 Calendar



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			

Beginner & Intermediate; 2pm - 4:00pm
Advance & Yudansha; 2pm - 5pm
20th Jan: Stress Management
 Manage stress/ anxiety via KaraTe
<https://www.nhs.uk/anxiety-in-children>

MARCH						
S	M	T	W	T	F	S
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17th March: Workshop 3pm to 5pm
 New Kata and Bunkai
17th March: Grading - 2pm to 3pm
 17th March - Yudansha Training
 Ilford (5pm to 6pm) Invite Only

MAY						
S	M	T	W	T	F	S
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(5th to 7th May - JKA Course)
12th May: EmptyHands Yoga 2-5pm
12th May: EH Challenge (Charity)
 Prizes awarded to winning teams
16th May: Potentially 1st day of Ramadan
 Dojo closed during Ramadan (source: when-

JULY						
S	M	T	W	T	F	S
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Dojo is open throughout the summer
14th July: Kumite strategies 2pm-5pm
8th July - Yudansha Bootcamp
Epping Honbu Dojo - Invite Only
(Initial Yudansha Assessment)
(School holidays dates: essex.gov.uk)

SEPTEMBER						
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1st Sept: Guru Granth Sabib (source: bbc)
8th Sept:
 作工呂井カ 亡し日 工
11st Sept - 9th Oct: Muharram
(source: when-is.com)
30th Sept - Yudansha Bootcamp

NOVEMBER						
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10th Nov: Mock Grading 2pm to 3pm
10th Nov: Syllabus Revision 3-5pm
24th: Grading - 2pm to 3pm
 24th Nov: End of Year Master Class
 2pm to 3:15pm/
 Yudansha Grading: 3:30pm to 5pm

FEBRUARY						
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10th Feb: Mock Grading 2 to 3pm
 10th Feb: Master Workshop on
 Tensho/Goju Ryu with Shihan Chris
 Rowen - 2pm to 5pm

APRIL						
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30th Mar - 15th April: Closed for Easter
14th April: Vaisakhi (source: bbc)
20th to 22nd: Internal Kung Fu with Sifu
28th April: Joint Locks
28th April - Yudansha Training 5-6pm
29th: Shiatsu CPD with Rex Lassalle

JUNE						
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Dojo closed during Ramadan
15th June: Eid Al-Fitr (source: when-is.com)

AUGUST						
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(School holidays dates: essex.gov.uk)
11th Aug: Grading 2-3pm
11th Aug: Workshop 3pm to 5pm
 To Te Jitsu (Okinawan Karate)
Dojo closed for end of summer break
22nd Aug: Eid Al-Adha (source: when-

OCTOBER						
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13th Oct:
 作工呂井カ 亡し日 工
19th Oct: Diwali (source: bbc)
Dojo closed for half term
13th Oct - Yudansha Training 5-6pm

DECEMBER						
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23	24	25	26	27	28	29
30	31	1	2	3		

6th Dec: Awards evening 7pm to 9pm
6th Dec: End of Year Awards
11th Dec to 3rd Jan 2019:
Dojo closed for Christmas and
New Year Holidays

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

Iflord Dojo:
St Andrews Church Hall, The Drive, Ilford
Essex IG1 3PE
Contact details:
M: 07931 300 470 (School Manager)
W: www.emptyhands.co.uk
E: info@emptyhands.co.uk (School Staff)

Tuesday Fight Club Class:
 6:20pm to 7:20pm (All levels)
Thursday Classes:
 6:45pm to 8pm (Beginner & Intermediate)
 8pm to 9:15pm (Fight Club and Advance Class)
Saturday Workshop Schedule:
 Beginner, Intermediate 2pm - 4pm
 Advance/Yudansha Sessions 3pm - 5/6pm
Yudansha Boot-Camps:
 Periodically on Sunday's at Honbu Dojo Epping

Important Notes: - Our fees are annualised based on this Yearly Calendar. Failure to pay monthly will result in losing your place in the Dojo and admin charges.
 - 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.