

9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	13.00	13.30	14.00	14.30	15.00	15.30	16.00	16.30	17.00
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Fri																	
Mat 1	Booking in		Course Opens		Senior		Itsutsu No Kata		Snr Syll. Standing		Itsutsu No Kata		Snr Syll. Ground		Goshin Jutsu		
Mat 2	and		Seniors &		Instruction		Junior		Senior		Junior		Senior		General Kata		General
Mat 3	checking in		Juniors		& Randori		Inst & Randori		Inst & Randori		Inst & Randori		Instruction				Randori
Mat 4					Kata for grading Jnr		Kata Green/Blue Snr		Kata for grading Jnr		Kata Green/Blue Snr		Juno Kata Mrs W		Coaching & Training		

Sat																
Mat 1		Kata Green/Blue Snr		Snr Syll. Standing		Itsutsu No Kata		Snr Syll. Ground		Itsutsu No Kata		Snr Syll. Standing		Goshin Jutsu		
Mat 2		Junior		Senior		Junior		Senior		Junior		Senior		General Kata		General
Mat 3		Inst & Randori		Inst & Randori		Inst & Randori		Inst & Randori		Inst & Randori		Instruction				Randori
Mat 4	Coaching and Training			Kata for grading Jnr		Kata Br/Black Snr		Kata for grading Jnr		Kata Br/Black Snr		Juno Kata Mrs W		Coaching & Training		

Sun																	
Mat 1	Senior grading white to Green				Senior Grading Green Belt to				Dan Grading								
Mat 2	Junior Grading Yellow Belt				Brown Belt												General
Mat 3	and above																Randori
Mat 4	Coaching and Training				Kata exams for non contest grades and Shodoshu awards												

Mon		
Mat 1	Kata examinations	
Mat 2	Senior and Junior	
Mat 3	Instruction & Randori	
Mat 4		

Mat 1	Stage area
Mat 2	In front of Stage
Mat 3	First Mat inside Dojo
Mat 4	St Ives Dojo