

Summer Phase

Orientation Basic Blocks/Kicks Wrist Grabs Heian No Kata Ichi MC/LP: 6 Blocks	Block 1 (February 1 – February 27)					
	Mastery Skill	Master Club	Level 1	Level 2	Level 3	
	"Presence"	Kata:		Heian No Kata San	Heian Nidan	Bassai Dai
		Self Defence:		Down But Not Out 1	Down But Not Out 2	Down But Not Out 3
	Sparring skills:		Footwork	Evasion	Anticipation	
Orientation Basic Strikes/Kicks The Fence Heian No Kata Ichi MC/LP: Heaven 4	Block 2 (March 1 – April 1)					
	Mastery Skill	Master Club	Level 1	Level 2	Level 3	
	"No Excuses"	Kata:		Heian No Kata Shi	Heian Shodan	Bassai Dai
		Combinations:		Inner Block-Punch-Punch Outer Block-Punch-Punch	Front Kick-RP Roundhouse-RP	Front Kick-RH RP-Roundhouse
	Arnis:		Single Sinawali	Double Sinawali	Police Techniques	

LEADERSHIP: BLACK BELT LEADERS ARE GREAT COMMUNICATORS

LEVEL 1	LEVEL 2	LEVEL 3
<i>BO TECHNIQUES</i>	<i>ANYO BO</i>	<i>ANYO BO PERFORMANCE</i>