

# OCTOBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All students make sure to bring at least sparring gloves at all classes this month.	<b>Sept 29</b>  Sparring Day kids classes	<b>Sept 30</b> Sparring Day kids classes Black Belt candidates mandatory workout 7:10 class upstairs	1 Sparring class for kids 12 & under who are purple belt or higher every Wed at 6:45 pm	2	3  Cardiff students bring spar gear to every class.	4 Thinking about kobudo (weapons) training? Try a free class on any Wed at 7 but let office know in advance
5	6 Strength/Sparring Training class 7:10 every Monday for teen/adults	7	8	9	10	11 Dojo closed for Thanksgiving 
12	13 Dojo closed for Thanksgiving 	14 Sparring Day kids classes and Camilla  Black Belt candidates mandatory workout 7:10 class upstairs	15 Sparring Day kids classes	16	17  Black Belt Evaluation By invitation 7:15	18 Kata/Spar training for those trying out for KA team or attending the tournament next weekend 1:00-3:30 at dojo
19  Ladies Self Defense Workshop 1-4 pm for Teens/Adults!	20	21  Sandan and above class upstairs 7:20	22	23	24	25 Karate Alberta Tourney Calgary <a href="http://www.karatealberta.com">www.karatealberta.com</a> to register. Deadline is Oct 19
26	27	28	29  TEST DAY No evening classes	30	31 No evening classes due to Halloween 	Don't forget our great party options at the dojo!