

# MARCH 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Dates to remember</b>  Black Belt Test Apr 13 Spirit of North Apr 27-May 3			Sparring class 7:10-8:30 pm for Red to Black Belts 12+ every Friday	1  <b>Kata Tournament</b>  No kobudo today
2	3	4	5 <b>Kyu Test</b>  Kobudo upstairs  No Kickstart or kids sparring	6	7  Sparring Day in kids classes  Sensei deSa will be teaching with me in Cardiff!	8  Sparring training Purple to Black Youth and adult 11:00-1:00
9  Ladies Self Defense workshop 1-4 pm	10	11  Mandatory class 7:10 for Black Belt Candidates upstairs  Sparring Day Camilla	12  Purple to Jr. Black 11 yrs & under Sparring class 7-8 pm every Wednesday except March 5	13  Cardiff karate today instead of Friday. Some sparring also	14  Black Belt Eval 7:15 pm  NO 7:00 SPAR CLASS TODAY	15  <b>KARATE CHALLENGE</b>  No Kobudo today
16  Sparring training Purple to Black Youth and adult 11:00-1:00	17  Sparring Day in children's classes	18  Sparring Day with options in adult classes for 35+ Sensei deSa will be teaching with me in Camila!	19	20  Sandan and above class upstairs 7:10	21  Half Sparring at Cardiff today!	22
23  Sparring training Purple to Black Youth and adult 11:00-1:00	24  <b>Spring Break Camp all week</b>  Regular classes	25	26	27  SWEAT! 5:00 & 7:10 classes  7:10 class 35+ option to train upstairs	28	29/30/31