

# Great Yarmouth Shukokai Karate Club

## Lesson rota



	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8	Lesson 9	Lesson 10	Lesson 11
<b>First session</b>											
Warm ups	Warm ups	Warm ups	Warm ups	Warm ups	Warm ups	Warm ups	Warm ups	Warm ups	Warm ups	Warm ups	Warm ups
Grading work - basics	Fitness	Basics	Pad work	Katas	Sparring	Extra stretching	Basics	Grading work - pad work	Basics	Sparring	Sparring
Katas	Fitness	Partner work	Falls & takedowns	Fast hand drills	Sparring	Basics - kicks	Partner work	Locks & strangles	Combinations	Sparring	Sparring
<b>Advanced session</b>											
Basics	Katas	Basics	Partner work	Basics	Basics	Pad work	Basics	Partner work	Basics	Basics	Basics
Combinations	Katas	Pad work	Tanto	Fast hand drills	Kata bunkai	Katas - demonstration	Grading work - partners	Self defence	Falls & takedowns	Katas - demonstration	Katas - demonstration