



# Gold Coast

## 2021 WINTER TRAINING SCHEDULE

	STARTING	ENDING
<b>PHASE 1 - KATA &amp; ATTACK SPARRING</b>	7/06/2021	20/06/2021
<b>PHASE 2 - RELEASES &amp; KUMITE</b>	21/06/2021	4/07/2021
<b>PHASE 3 - COMBOS &amp; KATA</b>	5/07/2021	18/07/2021
<b>PHASE 4 - AIKIDO &amp; STRETCHING</b>	19/07/2021	25/07/2021
<b>PHASE 5 - CURRICULUM REVIEW</b>	26/07/2021	8/08/2021
<b>PHASE 6 - ALL KIHON TECHNIQUES</b>	9/08/2021	22/08/2021
<b>PHASE 7 - GRADING PREP</b>	23/08/2021	3/09/2021
<b>PHASE 8 - SPRING GRADING DAY</b>	4/09/2021	

JUNE							JULY							AUGUST							SEPTEMBER						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
	1	2	3	4	5	6				1	2	3	4							1			1	2	3	4	5
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8	6	7	8	9	10	11	12
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15	13	14	15	16	17	18	19
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22	20	21	22	23	24	25	26
28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29	27	28	29	30			
														30	31												