



# Gold Coast

## 2021-2022 SUMMER TRAINING SCHEDULE

	STARTING	ENDING
<b>PHASE 1 - KATA &amp; ATTACK SPARRING</b>	6/12/2021	19/12/2021
<b>PHASE 2 - RELEASES &amp; KUMITE</b>	3/01/2022	16/01/2022
<b>PHASE 3 - COMBOS &amp; KATA</b>	17/01/2022	30/01/2022
<b>PHASE 4 - AIKIDO &amp; STRETCHING</b>	31/01/2022	6/02/2022
<b>PHASE 5 - CURRICULUM REVIEW</b>	7/02/2022	13/02/2022
<b>PHASE 6 - ALL KIHON TECHNIQUES</b>	14/02/2022	27/02/2022
<b>PHASE 7 - GRADING PREP</b>	28/02/2022	4/03/2022
<b>PHASE 8 - AUTUMN GRADING WEEK</b>	1/03/2022	5/03/2022

DECEMBER							JANUARY							FEBRUARY							MARCH						
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	<del>1</del>	4	5	6	7	8	9	1	2	3	4	5	6		1	2	3	4	5	6	
6	7	8	9	10	11	12	<del>10</del>	11	12	13	14	15	16	7	8	9	10	11	12	13	7	8	9	10	11	12	13
13	14	15	16	17	18	19	17	18	19	20	21	22	23	14	15	16	17	18	19	20	14	15	16	17	18	19	20
<del>20</del>	<del>21</del>	<del>22</del>	<del>23</del>	<del>24</del>	<del>25</del>	<del>26</del>	24	25	26	27	28	29	30	21	22	23	24	25	26	27	21	22	23	24	25	26	27
<del>27</del>	<del>28</del>	<del>29</del>	<del>30</del>	<del>31</del>			31							28							28	29	30	31			