

TERM 1

Start Date: Monday 31 January
Term Break: Saturday 9 April to Monday 25 April
Last Class: Thursday 7 April

SENIOR TRAINING

Sunday 6 February, 7:30am (8am start) – 11:30am
 Sunday 6 March, 7:30am (8am start) – 11:30am
 *These sessions are essential for those students Blue Belt and above wanting to attain Black Belt.

GRADINGS (You must be invited to attend)

Saturday 26 February, start 1pm sharp
 Thursday 17 March, start 6:30pm sharp
 *Ensure you arrive 15 minutes early.

FIGHT DAY – KUMITE & REFEREE TRAINING

Sunday 27 February, 7am setup and gear-up, 8am start
 Sunday 27 March, 7am setup and gear-up, 8am start
 *Students required to setup and pack away.
 These sessions are designed to get students confident with sparring. It is well supervised and protective equipment is used. Don't let your fear stop you.

MARK SNOW SENSEI VISIT

Mark Sensei is a 5th dan Shihan, senior student of Soke Chitose, with three Dojos in the Blue Mountains. As a professional educator and school principal, his background gives him a unique teaching method not to be missed. No class limits for this week. Date: Saturday 19 March.

Noonan Sensei – International Teaching Schedule

United Kingdom, Ireland, Norway Clinic
 Held in Edinburgh Scotland
 Dates: Monday 28 March to Thursday 31 March
 Venue: To be advised. *Senior students wishing to attend, please speak to Noonan Sensei.

BLACK & BROWN BELT TEACHING WEEK

Saturday March 19 to Saturday April 2. Noonan Sensei will be conducting classes overseas, black & brown belts are expected to participate in the teaching roster.

Japan Training Visit – Sohonbu Dojo, Kumamoto Japan

Noonan Sensei will be visiting the Head Quarters in Japan for meetings and training with the Chief Instructor (Soke), and other Senior Instructors.

Proposed Dates: Between 11 April to 23 April
 Exact dates provided when COVID restrictions in Japan have lifted. *Senior Students considering attending, speak to Sensei. Numbers are limited and training is very serious. These trips are not for tourism.

TERM 2

Start Date: Tuesday 26 April
Term Break: Saturday 2 July to Saturday 16 July
Last class: Thursday 30 June

SENIOR TRAINING

Sunday 1 May, 7:30am (8am start) – 11:30am
 Sunday 5 June, 7:30am (8am start) – 11:30am

REFEREE GRADING – JUNIOR KATA JUDGE

Sunday 1 May, 12noon to 2:30pm. Held after Senior Training. *Brown Belts must achieve a minimum of C-Grade referring qualifications to grade for Black Belt.

TASSEI CUP TOURNAMENT (ALL STUDENTS TO ATTEND)

Sunday 29 May, Registration between 8am -8:30am SHARP. Venue: Sydney Olympic Park, Hall of Legends
 Tournament Bow-in and Commencement 9am
 Setup Saturday 28 May, 4pm (Please volunteer)
 Divisions for Little Dragons, Kids Karate, Teen & Adults
This is your Dojo Tournament, organised for you, all students need to support this event.

SANDRA PHILLIPS SENSEI WEEK

Sandra Sensei is a Shihan, co-founder of Karate 4 Life, and one of the world's best female competitors & instructors. Teaching for a week, including a Women's Seminar and additional Kumite classes. Don't miss a class! Date: Monday 6 June to Sunday 12 June. No class limits for this, do as many classes as possible, no extra cost.

FIGHT DAY – KUMITE & REFEREE TRAINING

Sunday 15 May, 7am setup and gear-up, 8am start
 Sunday 19 June, 7am setup and gear-up, 8am start
 *Students required to setup and pack away.

WATERFALL TRAINING WITH SNOW SENSEI

🧊 Test your fighting spirit under the freezing cold water of Wentworth Falls in the Blue Mountains. JUST DO IT!
 Date: Sunday 26 June Meet: Wentworth Falls Lookout, Falls Rd. Time: To be advised.

GRADINGS (You must be invited to attend)

Saturday 21 May, start 1pm sharp
 Thursday 23 June, start 6:30pm sharp
 *Ensure you arrive 15 minutes early.

Okinawa – Research and Culture Tour

Proposed Dates: Between 1 July and 16 July
 Exact dates provided when COVID restrictions lifted.
Purpose: To meet, train, video and document tour with various Karate and Kobudo (Weaponry) Masters of various styles. To gain a deeper understanding for the culture that Karate grew out of.



TERM 3

Start Date: Monday 18 July
Term Break: Saturday 24 September to Saturday 8 October
Last class: Thursday 22 September

SENIOR TRAINING

Sunday 7 August, 7:30am (8am start) – 11:30am
Sunday 11 September, 7:30am (8am start) – 11:30am
*These sessions are essential for those students Blue Belt and above wanting to attain Black Belt.

FIGHT DAY – KUMITE & REFEREE TRAINING

Sunday 28 August, 7am setup and gear-up, 8am start
*Students required to setup and pack away.

SOKE (INTERNATIONAL CHIEF INSTRUCTOR) AND HIGUCHI SENSEI WEEK (get excited!!)

We are proud to provide our students with a unique and special opportunity to train with the world's top instructor. Dates: Friday 9 September to Sunday 18 September. During this week there are no class limits on training. You are welcome to train at as many classes as you can make, regardless of how many regular classes you attend. Senior Students: Do what it takes to be at every session! **NOTE: Class Schedules will be modified for this week. A separate training schedule will be provided prior.** NO CLASS LIMITS FOR THIS WEEK, TRAIN AS MANY TIMES AS POSSIBLE FOR NO EXTRA COST.

KARATE CAMP - INTENSE TRAINING WITH SOKE, HIGUCHI SENSEI & AUSTRALIA'S TOP INSTRUCTORS

Proposed Dates: Friday 9 – Sunday 11 September
Proposed Venue: Sydney Academy of Sport, Narrabeen
Training over two full days, accommodation and food provided, some additional recreation time for the kids. Parents are welcome. Numbers are limited, other Dojos will be attending so book early.

GRADINGS (You must be invited to attend)

Saturday 20 August, start 1pm sharp
Thursday 22 September, start 6:30pm sharp
*Ensure you arrive 15 minutes early

Noonan Sensei – Queensland Seminar

Gold Coast Chito Ryu: Thursday 6 & Friday 7 October
Sunshine Coast Karate 4 Life: Saturday 9 October
Queensland Black & Brown Belt Seminar: Held at Sunshine Coast Dojo, Sunday 10 October.
*Black & Brown Belts wanting to travel with Sensei on this visit are welcome, please liaise with Sensei.

TERM 4

Start Date: Monday 10 October
Term Break: Monday 19 December to Saturday 28 January 2023
Last class: Saturday 17 December
First class back: Monday 30 January 2023

SENIOR TRAINING

Sunday 6 November, 7:30am (8am start) – 11:30am
Sunday 4 December, 7:30am (8am start) – 11:30am
*These sessions are essential for those students Blue Belt and above wanting to attain Black Belt.

FIGHT DAY – KUMITE & REFEREE TRAINING

Sunday 23 October, 7am setup and gear-up, 8am start
Sunday 27 November, 7am setup and gear-up, 8am start
*Students required to setup and pack away.

REFEREE GRADING – FLAG JUDGE AND REFEREE

Sunday 27 November, 12 noon to 2:30pm. Held after Senior Training.
*Brown Belts must achieve a minimum of C-Grade referring qualifications to grade for Black Belt. Open to all Brown WS Belts and above.

GRADINGS (You must be invited to attend)

Saturday 12 November, start 1 PM sharp
Thursday 15 December, start 6:30 OM sharp
*Ensure you arrive 15 minutes early

Japan Winter Waterfall Training

Noonan Sensei will be attending the annual winter waterfall training in Kumamoto Japan. It is not for the faint hearted but it is a great experience. There will also be a few days of additional training after that at the Sohonbu Head Quarters. Speak to Sensei if you are interested.

Date: Tuesday 3 January

Venue: Waterfall outside of Kumamoto, City in Japan

Additional Training: 4 January to 7 January