

Online Shorei Goju Ryu Karate Schedule

For weeks of March 23 to April 5, 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9	KEY Pre-School white-gold belts ages 6 and under Basics white-gold belts ages 5 and over Beginner white-green belts Advanced blue-black belts BBT 1 Black Belt Training 1 - Yellow-Blue BBT 2 Black Belt Training 2 - Purple & Brown Kobudo weapons, all ranks Exercise circuit training using karate skills Chat chat with a Sensei and students Zoom.us all classes will use this Zoom Meeting ID: 388 391 0895 room unless otherwise stated					Black Belt	9
10				Beginner white - green Gensheimer		Purple-Brown/ BBT 2 Hernly	10
11						Green-Blue/BBT1 Hernly	11
12		Kata Karate & Kobudo Yellow and above Bilek	Kata Karate & Kobudo Yellow and above Bilek			Kobudo Hernly	12
1						Yellow-Orange/ BBT 1 Hernly	1
2		Pre-School Hernly		Pre-School Hernly		Pre-School Hernly	2
3		Yellow-Orange/ BBT 1 Hernly		Purple-Brown/ BBT 2 Hernly		Basics White-Gold Hernly	3
4	Beginner white -green Gensheimer	Advanced Blue-Black/BBT2 Gensheimer & Todd	Beginner white - green Gensheimer	Advanced Blue-Black/BBT2 Gensheimer & Todd			4
5		Basics White-Gold Hernly		Green-Blue/BBT1 Hernly			5
6		Green-Blue/BBT1 Hernly		Yellow-Orange/ BBT 1 Hernly			6
7		Kobudo Hernly		Basics White-Gold Hernly			7
8		Black Belt Hernly		Black Belt Hernly			8
9							9