



Leadership skills through the martial arts

GEAR REQUIREMENTS

Week of	Intermediate M, W, F	Intermediate Th, S	Advanced M, T, F	Advanced Th, S	Masters Team M, S	Masters Team W	Kando
April 16 – 21	None	None	None	Hand	Bo	Bo	None
April 23 – 28	None	None	Head	Hand, Foot	Bo	None	None
April 30 – May 5	Hand, Head Mouth	FULL	None	Head	FULL	Bo	April: None May: None
May 7 – 12	None	Head	None	FULL	Bo	None	None
May 14 – 19	None	FULL	Head	Head	Bo & Nunchaku	Bo	None
May 21 – 26	Head, Mouth, Hand	None	FULL	None	Bo	None	None
May 28 – June 2	Head, Mouth, Hand	None	FULL	None	Bo	None	May: None June: Nunchaku
June 4 – 9	None	None	None	None	Bo	FULL	Nunchaku
June 11 – 16	FULL	None	None	FULL	Bo & Nunchaku	Bo & Nunchaku	Nunchaku