



Wado Kai Karate Calendar

32 Advanced Kihon Techniques

Weekly Chapters

- 1 Kicks
- 2 Punches
- 3 Combos
- 4 Blocks
- 5 Grappling
- 6 Movement
- 7 Combos
- 8 MMA

Essential Principle Focus

- 1 Distancing
- 2 Timing
- 3 Targeting

5 Rules Of Karate

- 1 98% of The Time Hips Rotate Left/Right
- 2 Shoulder, Elbow, Hip, Knee Follow
- 3 Turning Is Always Wide Stance
- 4 Turn, Foot Must Set 45° More Than Direction
- 5 Show Up To Class To Get Better!

Rules of Engagement

- 1 Avoid A Fight At All Costs
- 2 If Physically Attacked, Defend Yourself
- 3 If Verbally Attacked, Follow The Three Ts

Rules of Etiquette

- 1 Be Kind & Courteous To Others
- 2 Lead With Kindness & Humility



OCTOBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	SUNDAY
29 <i>Ch. 6 - Movement</i>	30	1 CLOSED COACH DON TRAINING @ GRACIE HQ IN TORRANCE, LA	2 CLOSED COACH DON TRAINING @ GRACIE HQ IN TORRANCE, LA	3	4 CLOSED COACH DON TRAINING @ GRACIE HQ IN TORRANCE, LA	5
6 <i>Ch. 7 - Combos</i>	7 Family Friendly - 5:45PM	8 Ages 8+ - 6:50PM	9	10 Bring A Friend!	11 Family Friendly - 11AM	12
13 <i>Ch. 8 - MMA</i>	14 Bring A Friend!	15 Family Friendly - 5:45PM	16 Ages 8+ - 6:50PM	17 Bring A Friend!	18 Family Friendly - 11AM	19
20 <i>Ch. 1 - Kicks</i>	21 Bring A Friend!	22 Family Friendly - 5:45PM	23 Ages 8+ - 6:50PM	24 Bring A Friend!	25 Family Friendly - 11AM	26
27 <i>Ch. 2 - Punches</i>	28 Bring A Friend!	29 Family Friendly - 5:45PM	30 Ages 8+ - 6:50PM	31	1	2
3	4	5	6	7	8	9
NOV SCHEDULE TO BE RELEASED MID-LATE OCT						

Great Fitness For All Ages!

Join us for fun classes where we combine karate related games & activities that help build strength, balance, reflexes, and speed.

Combine with our Self-Defense Gracie Jiu-Jitsu to Supercharge your Skills and Street-Readiness

Karate and Jiu-Jitsu go great together! During our karate classes we work karate technique, focusing on Distance, Timing, and Targeting. These concepts overlap with our Jiu-Jitsu training, and we encourage our students to explore what is most advantageous to them in any given situation.

Family-Friendly

The family that trains together grows together! Our classes are family-friendly, and everyone 5+ is welcome to join in on the fun!

Cross-Train For Free

We don't charge any extra for our members to train in both karate and Jiu-Jitsu. Your membership is based on the classes you want to attend a week; you chose how to split them up between Karate and Jiu-Jitsu, and on which days you would like to train!