



# Wado Kai Karate Calendar



## 32 Advanced Kihon Techniques

Weekly Chapters	
1	Kicks & Punches
2	Blocks & Counters
3	Combos
4	Grappling
5	MMA & Self-Defense
6	Movement
7	Combos
8	MMA & Self-Defense

## 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



## FEBRUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	SUNDAY
26 <i>Ch. 1 Kicks &amp; Punches</i>	27 <i>Family Friendly - 5:45PM</i>	28 <i>Family Friendly - 5:45PM</i>	29 <i>Ages 8+ - 6:50PM</i>	30 <i>Family Friendly - 11AM</i>	31 <i>Family Friendly - 11AM</i>	1 <i>Bring A Friend!</i>
2 <i>Ch. 2 Blocks &amp; Counters</i>	3 <i>Family Friendly - 5:45PM</i>	4 <i>Family Friendly - 5:45PM</i>	5 <i>Ages 8+ - 6:50PM</i>	6 <i>Family Friendly - 11AM</i>	7 <i>Family Friendly - 11AM</i>	8 <i>Bring A Friend!</i>
9 <i>Ch. 3 Combos</i>	10 <i>Family Friendly - 5:45PM</i>	11 <i>Family Friendly - 5:45PM</i>	12 <i>Ages 8+ - 6:50PM</i>	13 <i>Family Friendly - 11AM</i>	14 <i>VALENTINES KID'S MOVIE NIGHT</i>	15
16 <i>CLOSED FOR THE HOLIDAY</i>	17 <i>Family Friendly - 5:45PM</i>	18 <i>Family Friendly - 5:45PM</i>	19 <i>Ages 8+ - 6:50PM</i>	20 <i>Family Friendly - 11AM</i>	21 <i>Family Friendly - 11AM</i>	22
23 <i>Ch. 4 Grappling</i>	24 <i>Family Friendly - 5:45PM</i>	25 <i>Family Friendly - 5:45PM</i>	26 <i>Ages 8+ - 6:50PM</i>	27 <i>GRACIE GAMEDAY RESPONSIBILITY 5:45PM - 7:45PM</i>	28 <i>Family Friendly - 11AM</i>	1
2 <i>Ch. 5 MMA &amp; Self-Defense</i>	3 <i>Family Friendly - 5:45PM</i>	4 <i>Family Friendly - 5:45PM</i>	5 <i>Ages 8+ - 6:50PM</i>	6 <i>Family Friendly - 11AM</i>	7 <i>Family Friendly - 11AM</i>	8
2 <i>Ch. 6 Combos</i>	3 <i>Family Friendly - 5:45PM</i>	4 <i>Family Friendly - 5:45PM</i>	5 <i>Ages 8+ - 6:50PM</i>	6 <i>Family Friendly - 11AM</i>	7 <i>Family Friendly - 11AM</i>	8

## 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!

[www.SETMartialArts.com](http://www.SETMartialArts.com) | 15571 N Litchfield Rd #104, Surprise, AZ 85379 | (480) 329-4281