



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