



# Sparring Schedule: Jan. – April 2018

## **SPARRING REQUIREMENTS**

- Students must demonstrate control, focus of technique, a positive attitude and willingness to improve their partners' abilities regardless of rank.
- **ALL STUDENTS** and **ALL RANKS** ages 5 and up are encouraged to attend.  
(Usual rank requirements of a specific class do not apply.)
- Int./Adv. ranks are required to attend an average of **one session** per month.
- Required OKA safety gear:
  - Only official OKA safety gear with logo is acceptable.
  - Hand, Foot, Head, Chest, Shin, Mouth and Groin protection required.
  - Chest protectors are optional for students ages 17 and up.
  - An OKA t-shirt can be worn in place of uniform tops.
- Students without **ALL** of the required safety equipment will be limited in participation during sparring sessions.

### **PLEASE TAKE NOTE OF THE FOLLOWING SPARRING SESSIONS!**

Thursday	Jan. 4 <sup>th</sup>	6:00-6:45
Wednesday	Jan. 10 <sup>th</sup>	7:30-8:15
Tuesday	Jan. 16 <sup>th</sup>	6:00-6:45
Monday	Jan. 22 <sup>nd</sup>	5:00-6:00
Thursday	Feb. 1 <sup>st</sup>	6:00-6:45
Wednesday	Feb 7 <sup>th</sup>	7:30-8:15
Tuesday	Feb 13 <sup>th</sup>	6:00-6:45
Monday	Feb 19 <sup>th</sup>	5:00-6:00
Thursday	Mar. 1 <sup>st</sup>	6:00-6:45
Wednesday	Mar. 7 <sup>th</sup>	7:30-8:15
Tuesday	Mar. 13 <sup>th</sup>	6:00-6:45
Monday	Mar. 19 <sup>th</sup>	5:00-6:00
Thursday	Mar. 29 <sup>th</sup>	6:00-6:45
Wednesday	April 4 <sup>th</sup>	7:30-8:15
Tuesday	April 10 <sup>th</sup>	6:00-6:45
Monday	April 16 <sup>th</sup>	5:00-6:00
Thursday	April 26 <sup>th</sup>	6:00-6:45