



# Sparring Schedule: June – Aug, 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	June 7 <sup>th</sup>	6:00-6:45
Wednesday	June 13 <sup>th</sup>	7:30-8:15
Tuesday	June 19 <sup>th</sup>	6:00-6:45
Monday	June 25 <sup>th</sup>	5:00-6:00
Thursday	July 12 <sup>th</sup>	6:00-6:45
Wednesday	July 18 <sup>th</sup>	7:30-8:15
Tuesday	July 24 <sup>th</sup>	6:00-6:45
Monday	July 30 <sup>th</sup>	5:00-6:00
Thursday	August 9 <sup>th</sup>	6:00-6:45
Wednesday	August 15 <sup>th</sup>	7:30-8:15
Tuesday	August 21 <sup>st</sup>	6:00-6:45
Monday	August 27 <sup>th</sup>	5:00-6:00