



2022 State Squad Training Schedule

MONTH	DATE	TIME	SESSION	
FEB	Sun 20	10.00am – 11.00am	Kata (Children, Cadets, Juniors and Seniors)	
		11.00am – 12.00pm	Kumite (Children, Cadets, Juniors and Seniors)	
		12.00pm – 12.15pm	Break	
		12.15 – 12.45pm	Planning and Goal Setting (All Athletes)	
		12.45pm – 1.30pm	Blaze Pods (All Athletes)	
MAR	Sun 6	10.00am – 10.30am	2022 Program Introduction and Overview	
		10.30am – 12.00pm	Kata (Children, Cadets, Juniors and Seniors) Kumite (Single Discipline Kumite Athletes Only – Children, Cadets, Juniors and Seniors)	
		12.00pm – 12.15pm	Break	
		12.15pm – 1.45pm	Kata (Single Discipline Kata Athletes Only – Children, Cadets, Juniors and Seniors) Kumite (Children, Cadets, Juniors and Seniors)	
	Sun 27	10.00am – 11.00am	Kata (Children, Cadets, Juniors and Seniors) Kumite (Single Discipline Kumite Athletes Only – Children, Cadets, Juniors and Seniors)	
		11.00am – 11.15am	Break	
		11.15am – 12.15pm	Kata (Single Discipline Kata Athletes Only – Children, Cadets, Juniors and Seniors) Kumite (Children, Cadets, Juniors and Seniors)	
		12.15pm – 12.45pm	Lunch (Please bring your own lunch)	
		12:45pm – 2:00pm	Strength and Conditioning (All Athletes)	
MAY	Sun 1	10.00am – 11.00am	Kata (Children, Cadets, Juniors and Seniors) Kumite (Single Discipline Kumite Athletes Only – Children, Cadets, Juniors and Seniors)	
		11.00am – 11.15am	Break	
		11.15am – 12.15pm	Kata (Single Discipline Kata Athletes Only – Children, Cadets, Juniors and Seniors) Kumite (Children, Cadets, Juniors and Seniors)	
		12.15pm – 12.45pm	Lunch (Please bring your own lunch)	
		12.45pm – 1.45pm	Kata (Children, Cadets, Juniors and Seniors) Kumite (Single Discipline Kumite Athletes Only – Children, Cadets, Juniors and Seniors)	
		1.45pm – 2.00pm	Break	
		2.00pm – 3.00pm	Kata (Single Discipline Kata Athletes Only – Children, Cadets, Juniors and Seniors) Kumite (Children, Cadets, Juniors and Seniors)	
	Sun 29	10.00am – 11.30am	Kata (Children, Cadets, Juniors and Seniors) Kumite (Single Discipline Kumite Athletes Only – Children, Cadets, Juniors and Seniors)	
		11.30am – 11.45am	Break	
		11.45 – 1.15pm	Kata (Single Discipline Kata Athletes Only – Children, Cadets, Juniors and Seniors) Kumite (Children, Cadets, Juniors and Seniors)	
		1.15pm – 2.00pm	Leadership Team and Captains Announcement (All Athletes)	

MONTH	DATE	TIME	SESSION
JUN	Sun 19	10.00am – 11.00am	Kata (Children, Cadets, Juniors and Seniors) Kumite (Single Discipline Kumite Athletes Only – Children, Cadets, Juniors and Seniors)
		11.00am – 11.15am	Break
		11.15am – 12.15pm	Kata (Single Discipline Kata Athletes Only – Children, Cadets, Juniors and Seniors) Kumite (Children, Cadets, Juniors and Seniors)
		12.15pm – 12.45pm	Lunch (Please bring your own lunch)
		12:45pm – 2:00pm	Strength and Conditioning (All Athletes)
JUL	Sun 17	10.00am – 11.00am	Kata (Children, Cadets, Juniors and Seniors) Kumite (Single Discipline Kumite Athletes Only – Children, Cadets, Juniors and Seniors)
		11.00am – 11.15am	Break
		11.15am – 12.15pm	Kata (Single Discipline Kata Athletes Only – Children, Cadets, Juniors and Seniors) Kumite (Children, Cadets, Juniors and Seniors)
		12.15pm – 12.45pm	Lunch (Please bring your own lunch)
		12.45pm – 1.45pm	Kata (Children, Cadets, Juniors and Seniors) Kumite (Single Discipline Kumite Athletes Only – Children, Cadets, Juniors and Seniors)
		1.45pm – 2.00pm	Break
		2.00pm – 3.00pm	Kata (Single Discipline Kata Athletes Only – Children, Cadets, Juniors and Seniors) Kumite (Children, Cadets, Juniors and Seniors)
	Sun 31	10.00am – 11.00am	Kata (Children, Cadets, Juniors and Seniors) Kumite (Single Discipline Kumite Athletes Only – Children, Cadets, Juniors and Seniors)
		11.00am – 11.15am	Break
		11.15am – 12.15pm	Kata (Single Discipline Kata Athletes Only – Children, Cadets, Juniors and Seniors) Kumite (Children, Cadets, Juniors and Seniors)
		12.15pm – 12.45pm	Lunch (Please bring your own lunch)
		12:45pm – 2:00pm	Ready to Rock! (All Athletes)