

| | 10:45 - 11:00 | 11:00 - 11:35 | 11:35 - 12:10 | 12:10 - 12:20 | 12:20 - 12:55 | 12:55 - 13:30 | 13:30 - 13:40 | 13:40 - 14:15 | 14:15 - 14:50 |
|---|---------------|---------------------------|----------------------------------|---------------|------------------------------|-----------------------------|---------------|----------------------------|--------------------------------|
| Cadets | Warm Up | Kata S.Gouldson | Application R.Flatt | BREAK | Sanchin P.Nolan | Kumite M.Draper | BREAK | Kakie P.Galer | Hojo Undo S.Hallam |
| 9 th - 4 th Kyu | Warm Up | Kata M.Draper | Application S.Gouldson | BREAK | Sanchin R.Flatt | Kumite S.Hallam | BREAK | Kakie P.Nolan | Hojo Undo P.Galer |
| 3 rd - 1 st Kyu | Warm Up | Kata S.Hallam | Application M.Draper | BREAK | Sanchin P.Galer | Kumite R.Flatt | BREAK | Kakie S.Gouldson | Hojo Undo P.Nolan |
| 1 st Dan 2 nd Dan | Warm Up | Kata P.Galer | Application S.Hallam | BREAK | Sanchin S.Gouldson | Kumite P.Nolan | BREAK | Kakie R.Flatt | Hojo Undo M.Draper |
| 3 rd Dan 4 th Dan | Warm Up | Kata P.Nolan | Application P.Galer | BREAK | Sanchin S.Hallam | Kumite S.Gouldson | BREAK | Kakie M.Draper | Hojo Undo R.Flatt |
| 5 th Dan + | Warm Up | Kata R.Flatt | Application P.Nolan | BREAK | Sanchin M.Draper | Kumite P.Galer | BREAK | Kakie S.Hallam | Hojo Undo S.Gouldson |