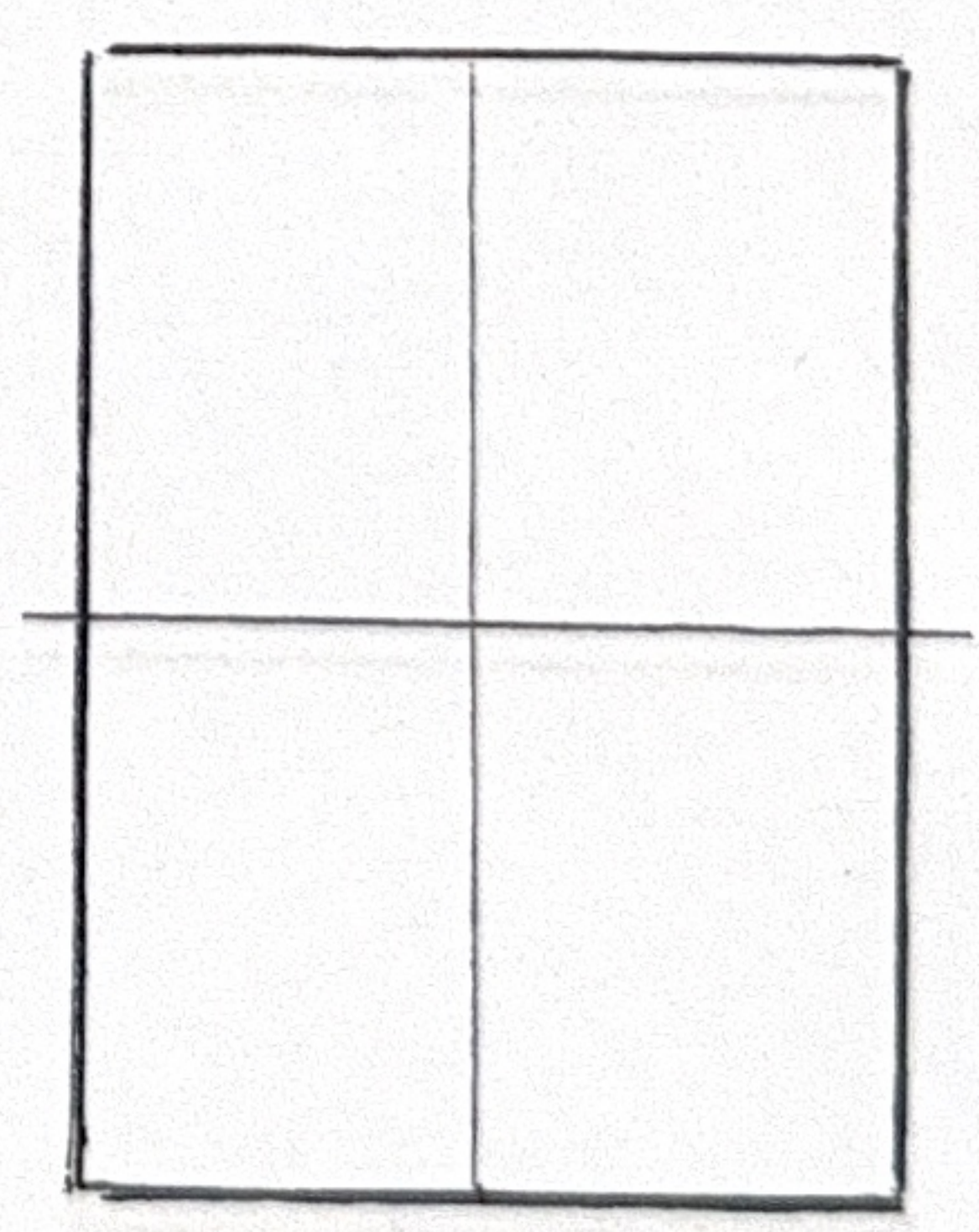
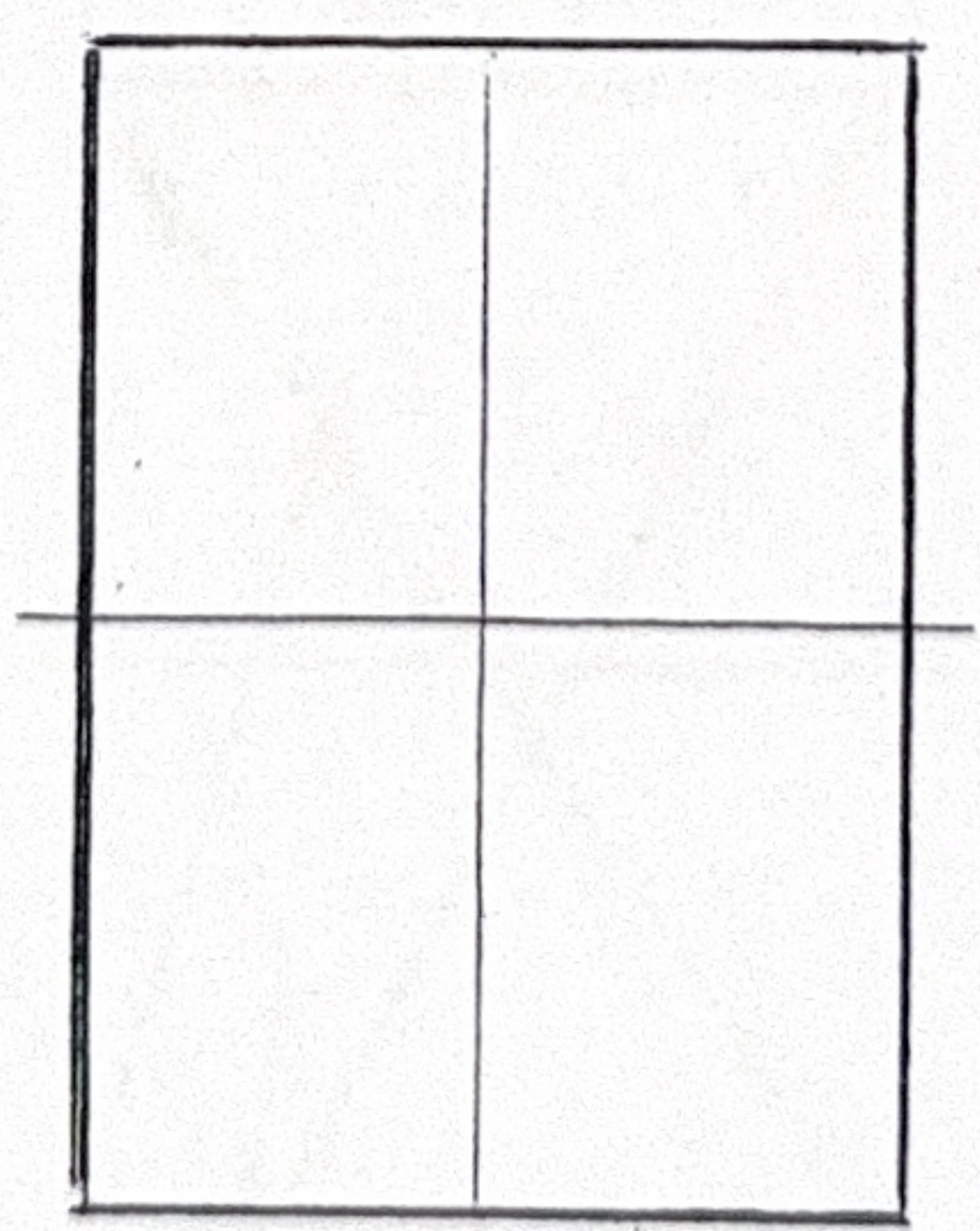
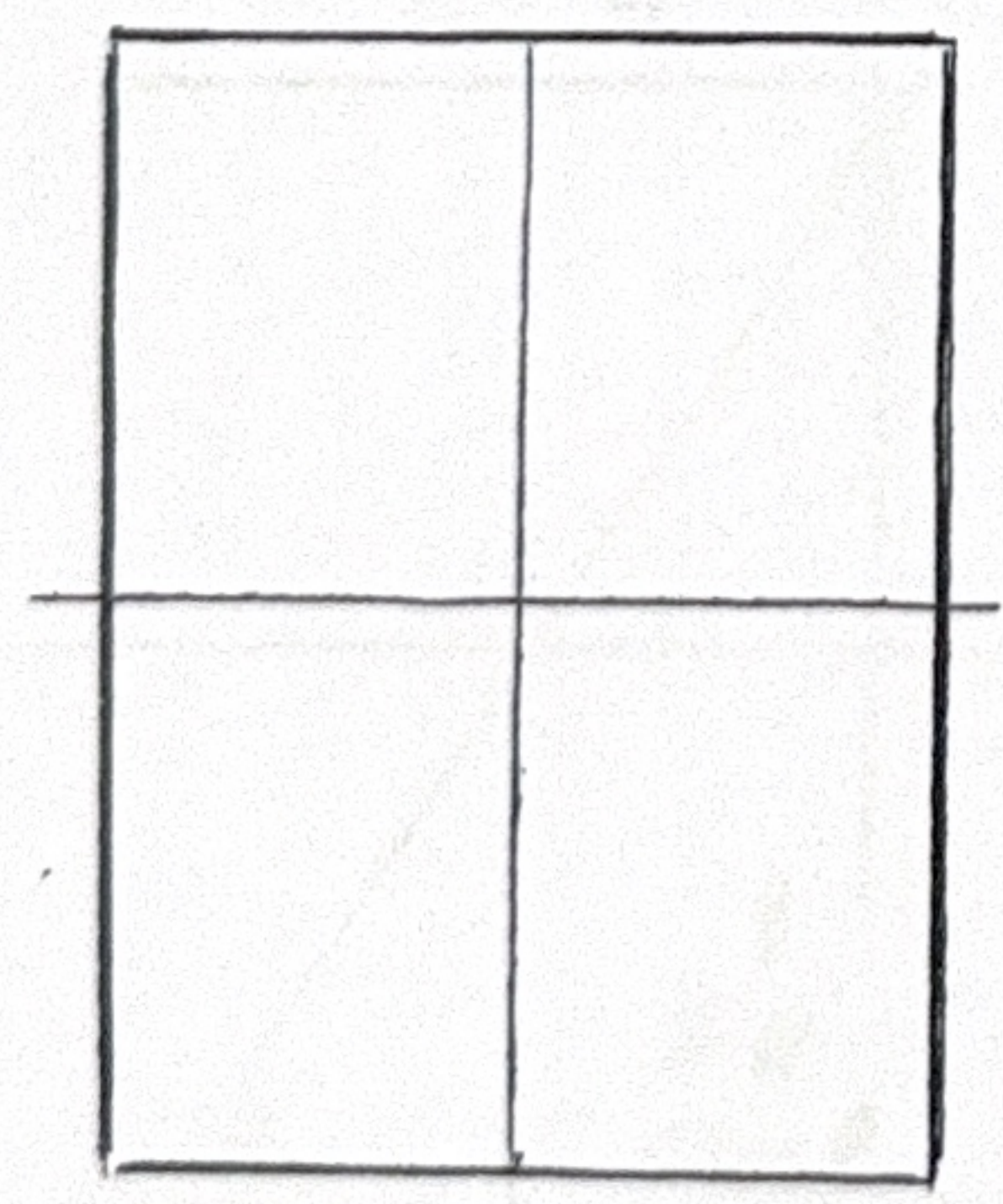
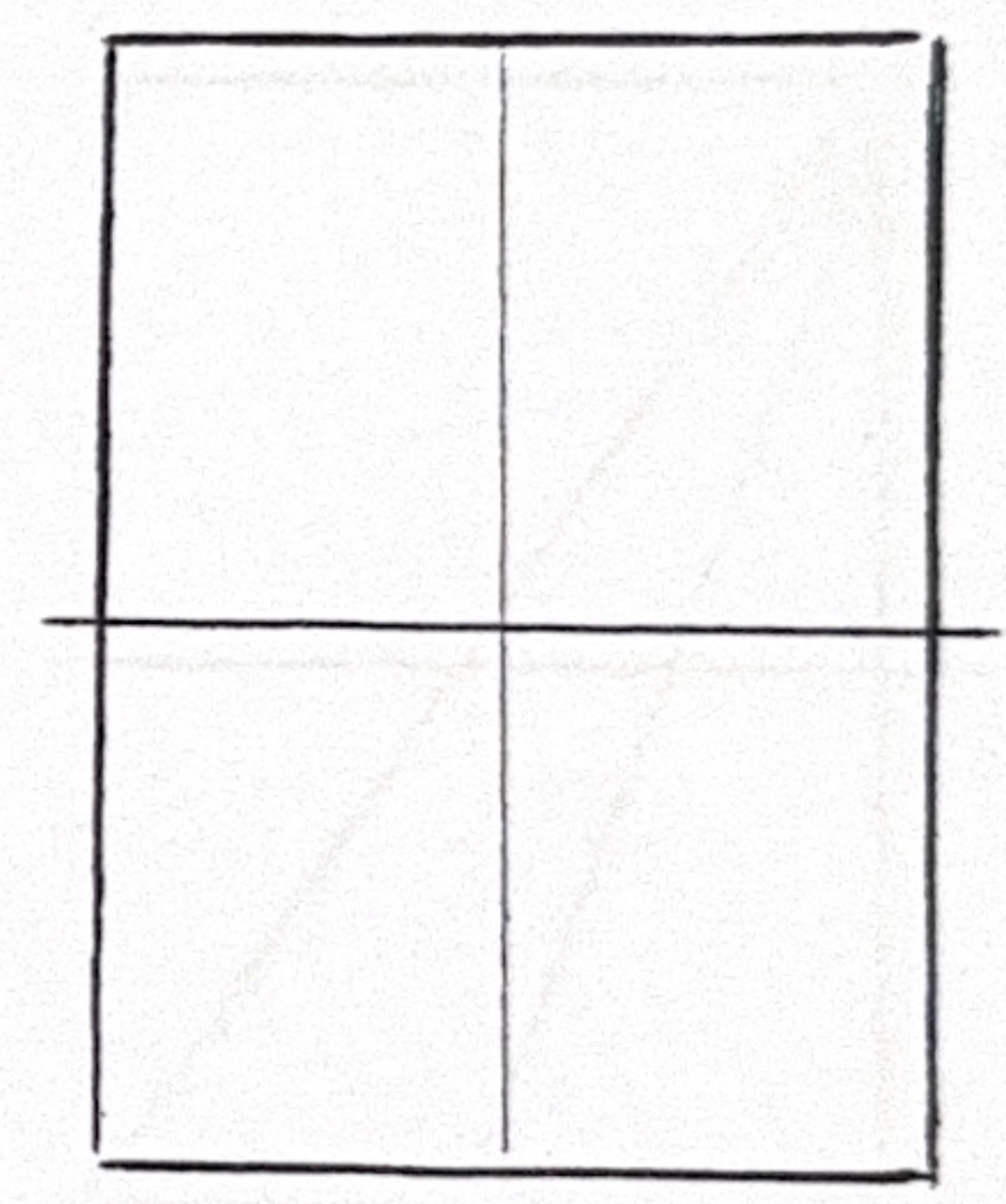
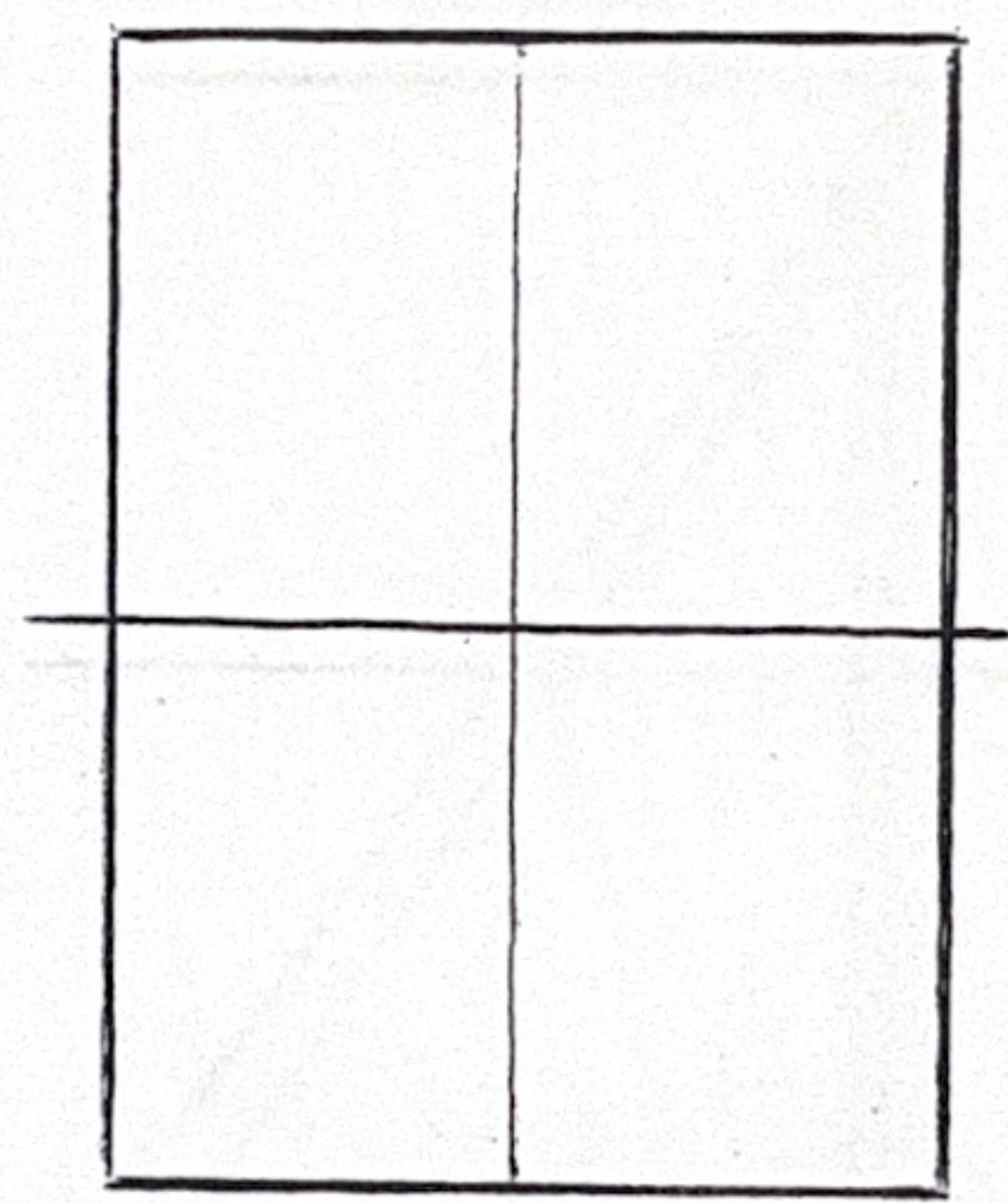
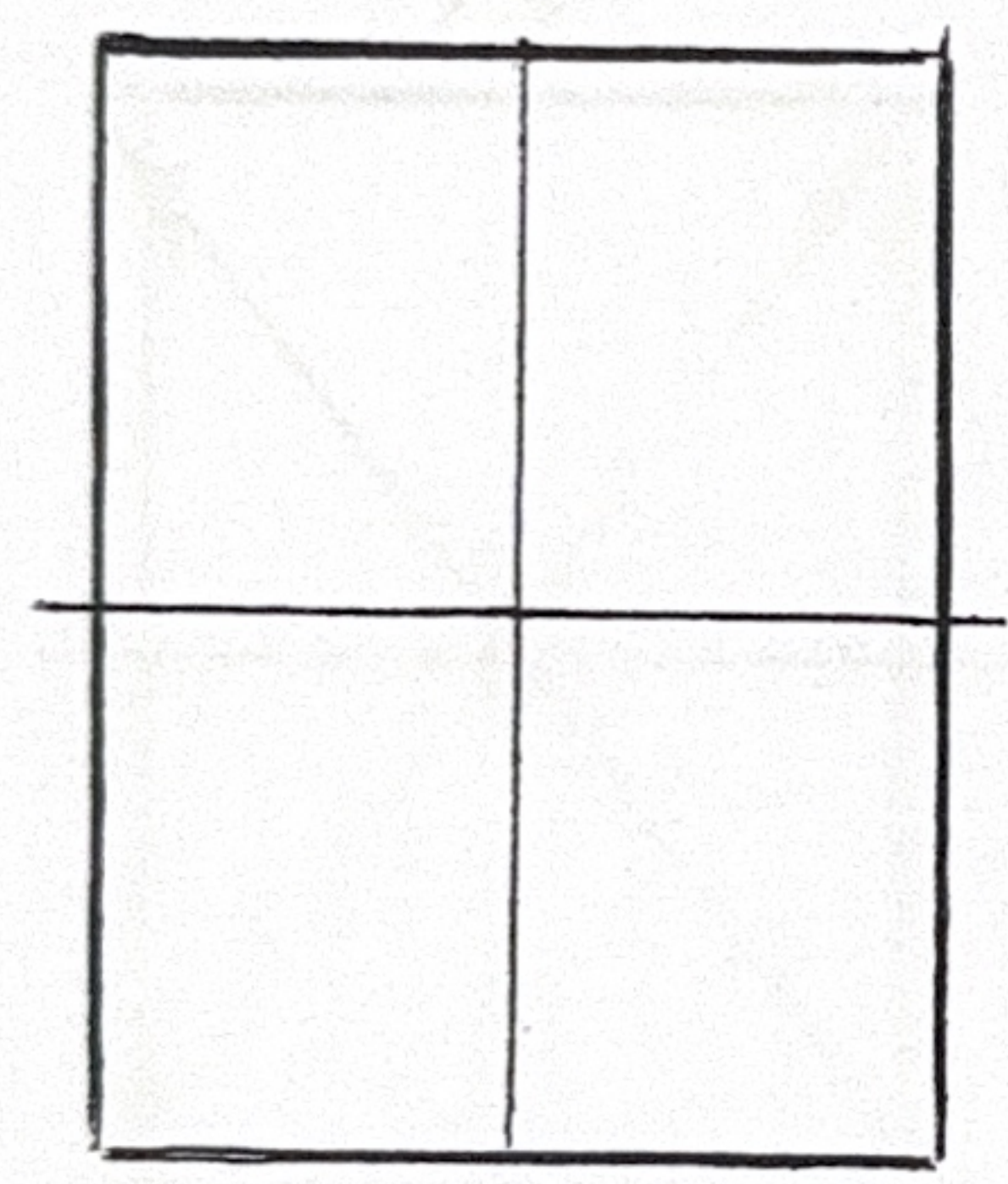


29.03.2026 SUNDAY → FUTURE SQUAD

→ INTERMEDIATE SQUAD

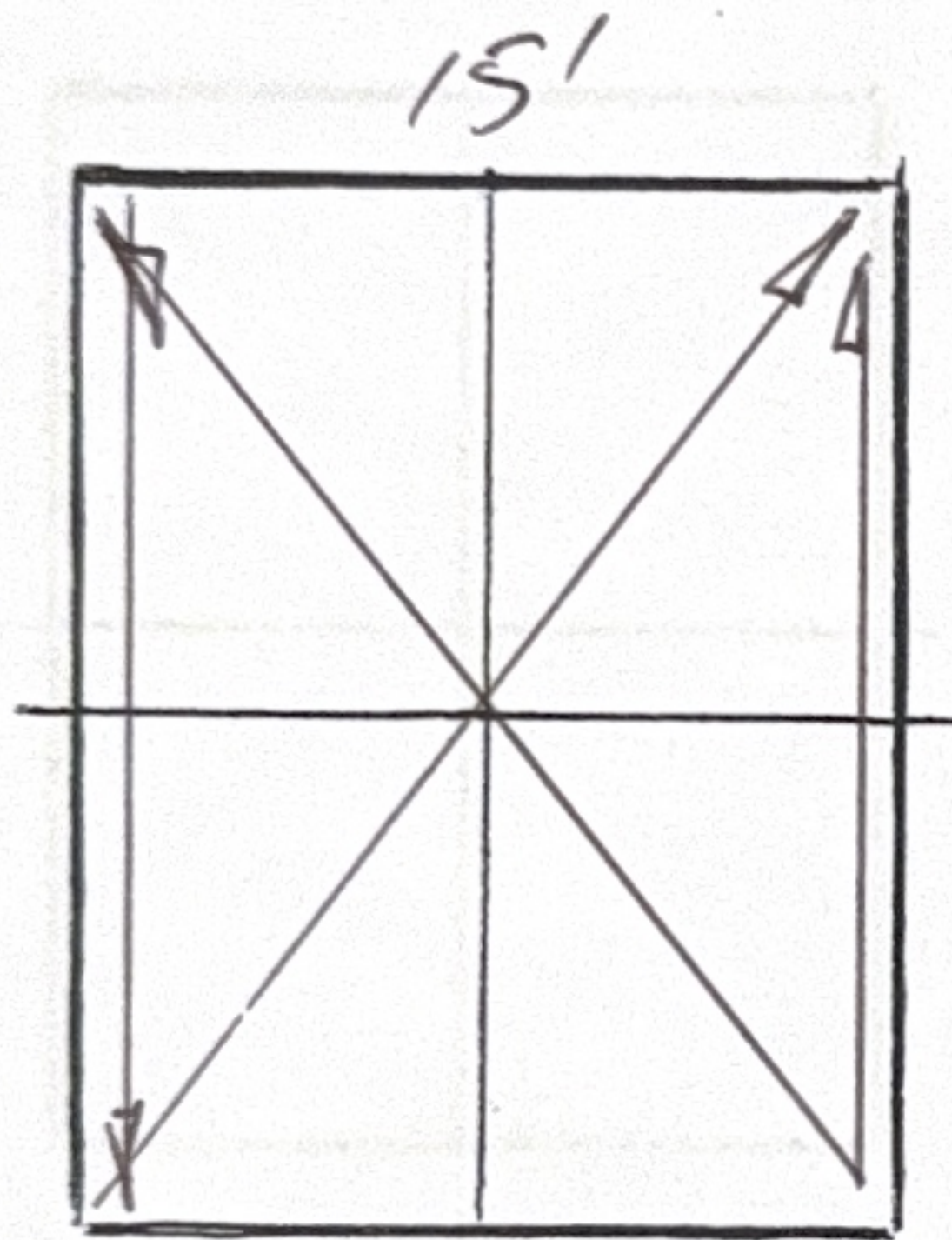
→ ELITE SQUAD

ANZAC - OPEN - AUCKLAND TIA STADIUM.

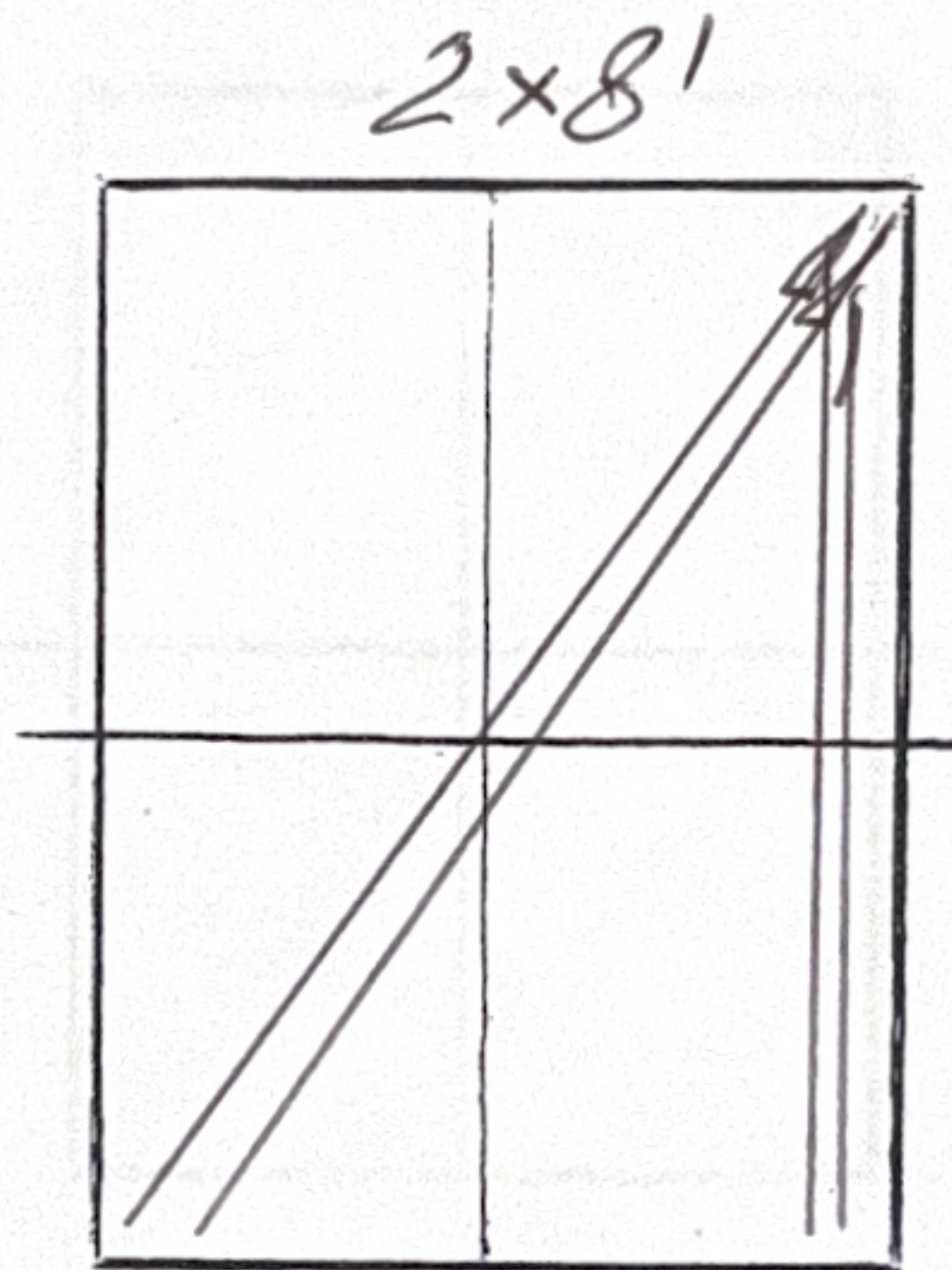


1.04.2026 WEDNESDAY 1730-1900 - FUTURE SQUAD

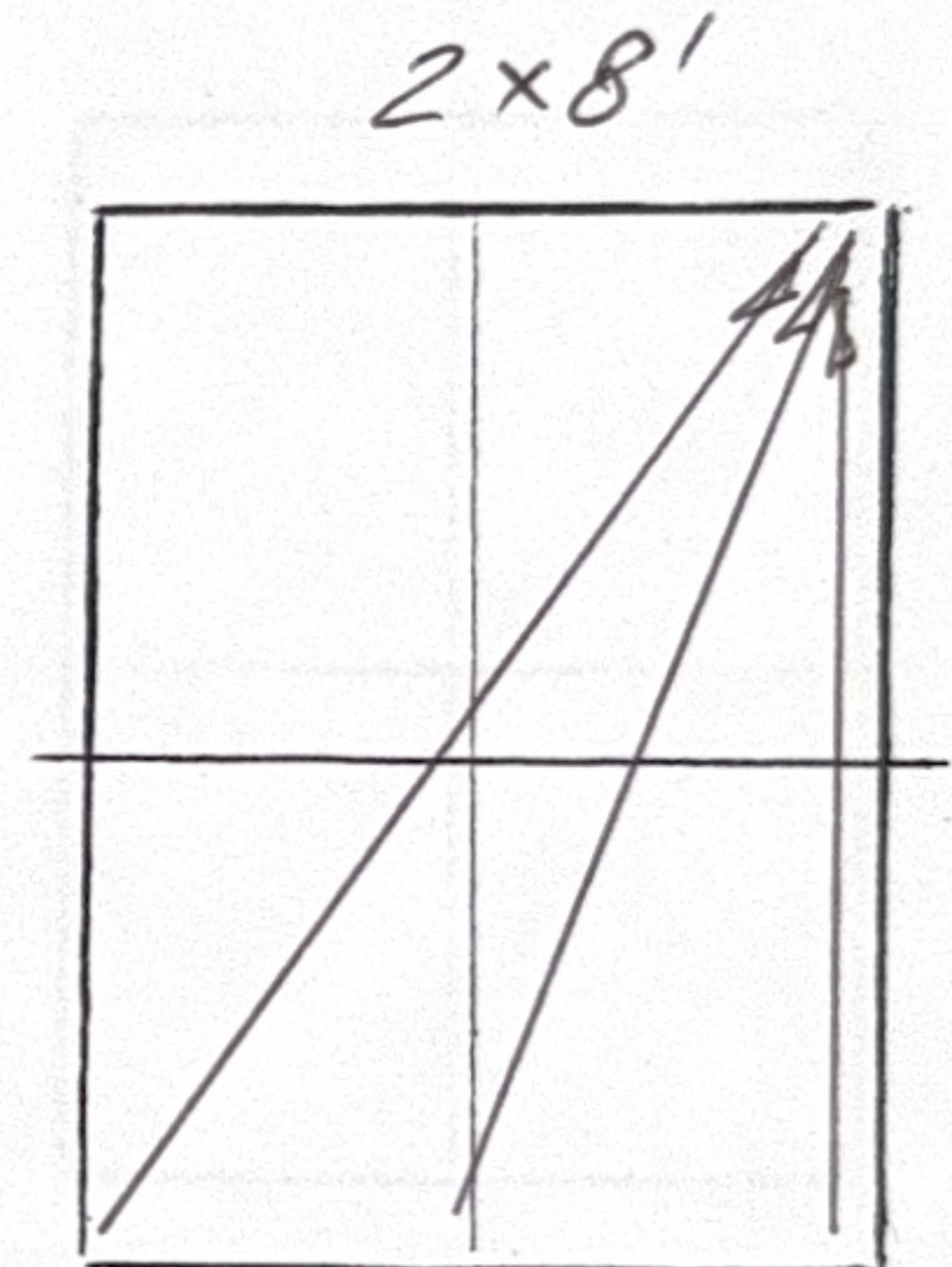
1. TECHNIQUE 2. PLACEMENT 3. FOOTWORK



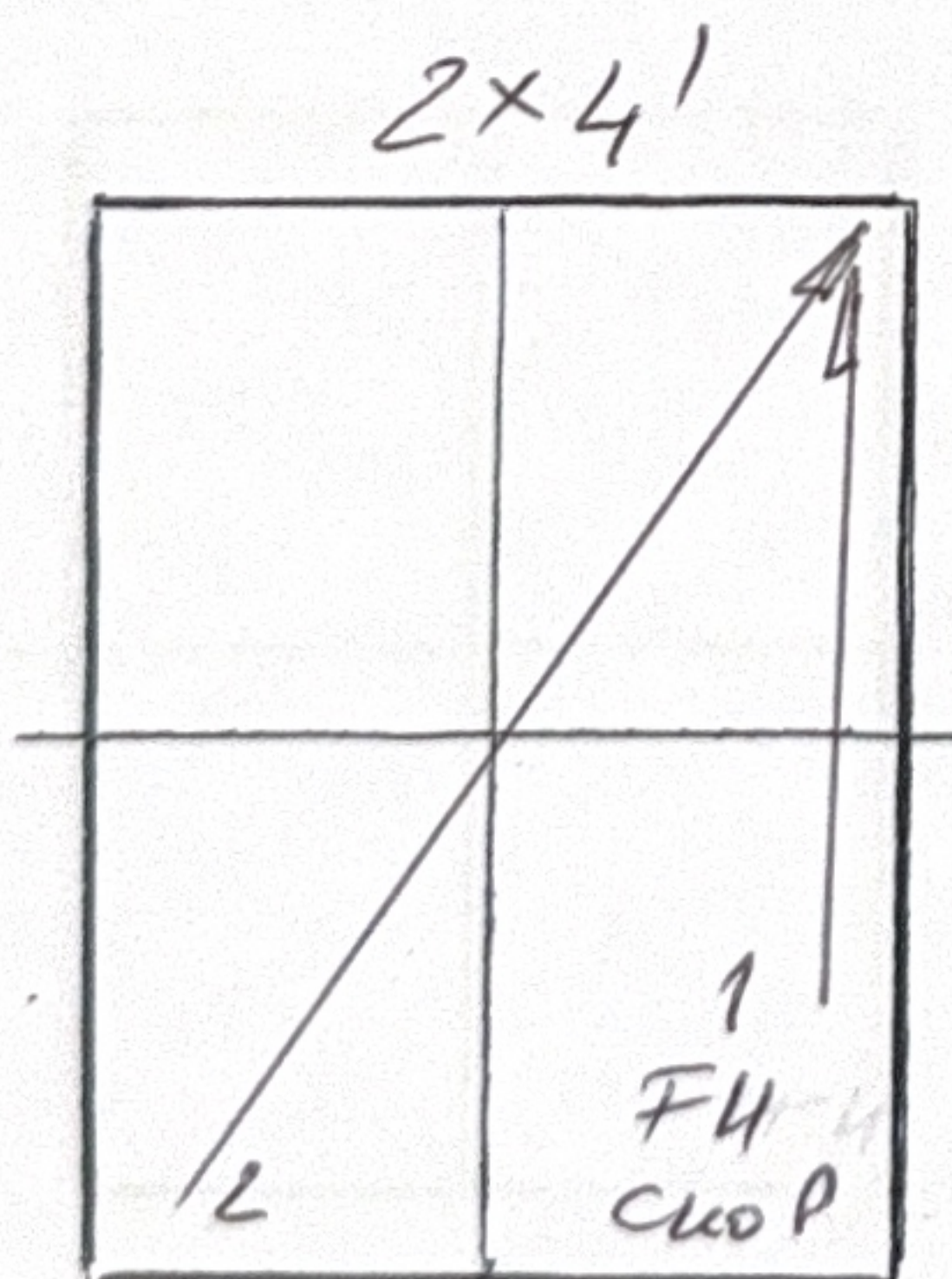
BH DOWN THE FH
SI LINE 5' 5'



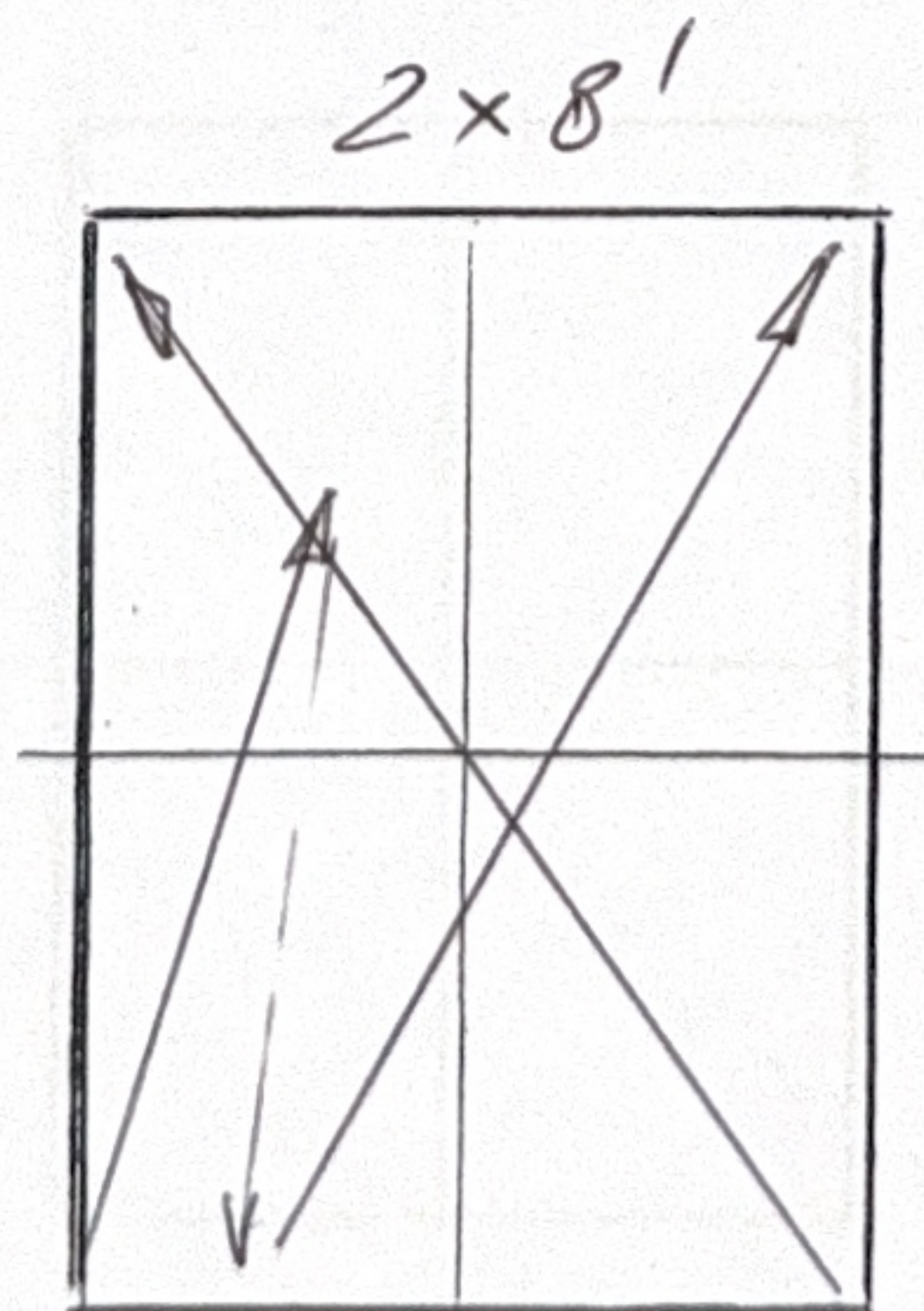
BUS - FUS
1,2 3,4



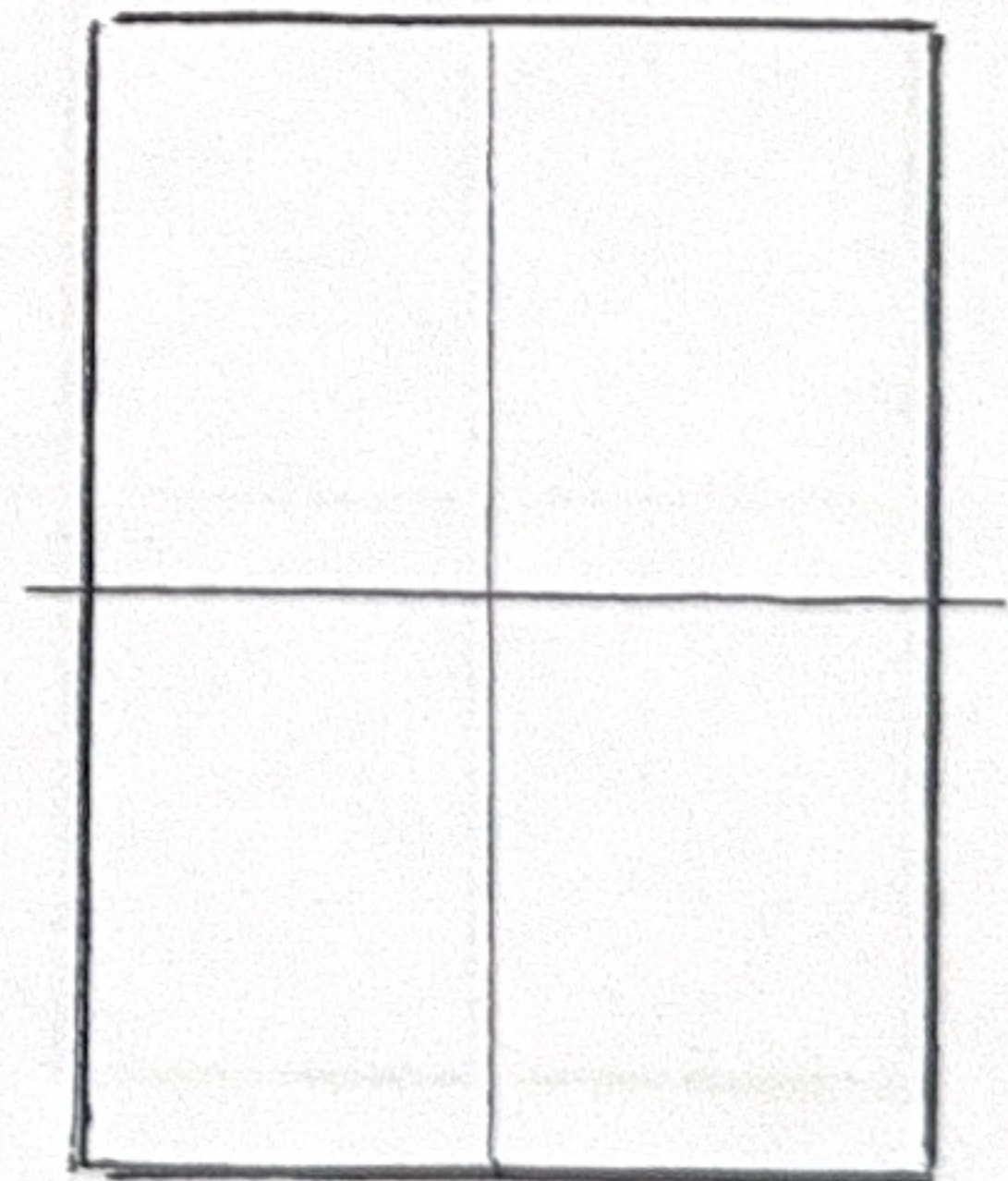
BH FUS FUS
2 1,3 4



BH
CHOP



SERVICE FUS
FUS 1 2



04.04.2026 SATURDAY -> FUTURE SQUAD

ELITE SQUAD

= EASTER BREAK =

