



2020 !!!

	MON	TUE	WED	THU	FRI	SAT	SUN
	DECEMBER 30 DOJO CLOSED FOR CHRISTMAS BREAK	DECEMBER 31 DOJO CLOSED FOR CHRISTMAS BREAK	1 DOJO CLOSED FOR CHRISTMAS BREAK	2 DOJO CLOSED FOR CHRISTMAS BREAK	3 DOJO CLOSED FOR CHRISTMAS BREAK	4 DOJO CLOSED FOR CHRISTMAS BREAK	5 DOJO CLOSED FOR CHRISTMAS BREAK
	6 REQUIRED KATA	7 GRAPPLE TO THE GROUND	8 REQUIRED KATA	9 SPARRING GAMES	10 REQUIRED KATA	11 ASK A FRIEND TO JOIN YOU IN CLASS	12 REQUIRED KATA
Stripe Week Novice and Jr. Masters	13 SPAR-A-SENSEI	14 REQUIRED KATA	15 SORE CORE!!! @ 7:00 AND 7:40	16 REQUIRED KATA	17 MULTIPLE ATTACKER DEFENCE	18 REQUIRED KATA	19 SPARRING GAMES
Stripe Week BBM Students	20 REQUIRED KATA	21 ENDURANCE SPARRING	22 REQUIRED KATA	23 ASK A FRIEND TO JOIN YOU IN CLASS	24 REQUIRED KATA	25 BOOTCAMP @ 9:00	26 REQUIRED KATA
	27 LEGS ONLY SPARRING	28 REQUIRED KATA	29 BUDO BLISS® YOGA @ 7:40	30 REQUIRED KATA	31 ASK A FRIEND TO JOIN YOU IN CLASS		

## Let's Celebrate...

**Huge congratulations** to our newest **Shodans, Nidans and Sandans**. Your commitment, passion and hard work continue to shape our dojo into a wonderful place of learning and friendship:

### Shodans:

Kai Barry  
Harish Buvananendran  
Danyal Chandani  
Anderson Chung  
Andrew Deng  
Victoria Derevyanchenko  
Kader Dia  
Roger Fegidero  
Jaydon Gallinger  
Joyce Gan  
Saad Habib  
Mansura Hasan  
Hayden Ho  
Aathesh Jayakumar

Hishane Kuagathesan  
Nikki Lee  
Alice Ma  
Chanel Mills  
Athena Nguyen  
Vihan Patel  
David Shearer  
Soham Shorey  
Emily Sukovski  
Julia Sukovski  
Elsa Tam  
Aditya Vijayan  
Chloe Young

### Nidans:

Alex Green  
Katelyn Mah  
Jasmine Mills  
Marco Montenegro  
Josh Savoy  
Kevin Tharakan

### Sandans:

Sensei Marcus Mills  
Sensei Sarah Wilson  
Sensei Michael Wilson

## Family & Friends Promotion Starts Now...

Now is the perfect time to kick-start some karate training! Our **ONLY** promotion of the year **includes \$100 off the Novice tuition price, two trial classes and a white uniform.**

Students who refer someone to the dojo will receive an amazing gift! Invite your family and friends to participate in any of our **Kids Novice, Adult All Belts or Family** classes during **January and February** - and help them kick-start their New Year Resolutions!