



## Welcome Back to School!

Let's Shake Off Those Summer/Covid Kinks

We have resumed the following dojo activities:

- Pad Drills
- Weapons Training (Kobudo)

Please see our recently emailed newsletter for more details.



The gym and the changerooms remain closed at this time.

We are working on re-opening these areas safely.



Our instructors continue doing in-dojo as well as virtual belt evaluations on a regular basis to make sure that students who are eligible for belt testing have the opportunity to test, regardless of how they are attending class.

### Outdoor Training Days

September 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup>

We will be training outdoors in the park on the dates in September listed above. We train at:

### Denison Park (Markham)

At the corner of Denison and Mallory Avenue

There is parking at the park

Just bring plenty of water and dress appropriately (t-shirts okay)

\*All classes taught in dojo and online

| MON   | TUE  | WED                            | THU                            | FRI                             | SAT   | SUN       |
|---|--|--------------------------------|--------------------------------|---------------------------------|---|-----------|
|   | <b>1</b><br>BELT TESTING<br>* NO REGULAR CLASSES * | <b>2</b><br>REQUIRED KATA      | <b>3</b><br>TIMING YOUR ATTACK | <b>4</b><br>REQUIRED KATA       | <b>5</b><br>DOJO CLOSED FOR LABOUR DAY LONG WEEKEND | <b>6</b>  |
| <b>7</b><br>DOJO CLOSED FOR LABOUR DAY LONG WEEKEND | <b>8</b><br>REQUIRED KATA                          | <b>9</b><br>STRONG LEG STANCES | <b>10</b><br>REQUIRED KATA     | <b>11</b><br>POWER PUNCH        | <b>12</b><br>REQUIRED KATA                          | <b>13</b> |
| <b>14</b><br>ALL CLASSES OUTSIDE AND ONLINE         | <b>15</b><br>FANCY FOOTWORK                        | <b>16</b><br>REQUIRED KATA     | <b>17</b><br>KOBUDO TRAINING   | <b>18</b><br>REQUIRED KATA      | <b>19</b><br>FOCUS ON KICKS                         | <b>20</b> |
| <b>21</b><br>ALL CLASSES OUTSIDE AND ONLINE         | <b>22</b><br>REQUIRED KATA                         | <b>23</b><br>SUPER SLOW KICKS  | <b>24</b><br>REQUIRED KATA     | <b>25</b><br>COMPETITION FRIDAY | <b>26</b><br>REQUIRED KATA                          | <b>27</b> |
| <b>28</b><br>ALL CLASSES OUTSIDE AND ONLINE         | <b>29</b><br>SLIP, SLIP, BOOM BOXING DRILLS        | <b>30</b><br>REQUIRED KATA     |                                |                                 |   |           |

