



SEPTEMBER 2020

Willowdale

As always, student/staff/dojo family health always remains our number 1 priority. With amplified Professional cleaning, sterilization between classes, a new dehumidification system as well as HEPA 5 step air filtration system in dojo, you can rest assured that we do everything we can to give you an A+ experience to stay healthy, fit and active during these wild days.

Children need exercise!!! Not just for their physical health but their mental health. We provide that and more. Whether you want to continue with our zoom program, in dojo program or hybrid of both, we have got you covered.

Need extra help? That's what we are and what we do. Call us today to answer any questions or help solve your daily karate dilemmas.

SUN

MON

TUE

WED

THU

FRI

SAT

GET READY TO LAUNCH THE STRONGEST & BRAVEST YOU... "Back to School"

DOJO CLOSED

DOJO CLOSED

DOJO CLOSED

DOJO CLOSED

DOJO CLOSED

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DOJO CLOSED

DOJO CLOSED
Labour Day

STRIPE WEEK STRIPE WEEK STRIPE WEEK

"Welcome back!"
or...

..."Shall we begin
where we left off?"

Last chances at the
park (weather
permitting)

Strength &
conditioning day
"Endurance drills"

Clean up your Kata

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Maintaining
your distance -
Sparring drills

Bo vs Bo

Kicking
combinations

Park Training
WEATHER
PERMITTING

Strength &
conditioning
"Legs Editon"

Learn a
new weapon

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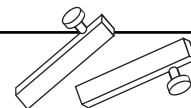
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Powered up
techniques
(pad drills)



Ground &
pound the
pads



Tonfa

CardioCOMBAT®

Strength &
conditioning
"Arms & Core"

**Monthly Kyu
Grading**

In Dojo 10am
Belt Presentations 10:45-11:30am
Belt Pick-up for
Zoom Graders 10:45-11:30am

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Incredibly
creative basics



Sai

Sparring drills
"Grab Your
Gear!"



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Instagram: @team_nks

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