



OCTOBER 2020







Willowdale

Did you know our students' health, safety and mental/physical wellbeing are our top priority! We are proud to say we exceed any government expectations by having the following:

- A newly renovated space from top to tail
- A dehumidification system
- Masks upon entry/exit
- Reduced class size
- Temperature check upon arrival
- A 5-step PUR Air Filtration System. UV, HEPA, Photocatalytic
- Sterilization between classes
- Optional during exercise for our friends with asthma or other respiratory issues
- Pre-screening assessment prior to every class
- Hand sanitizing stations
- @Nanotouch® @nanoseptic® Continuously Self-Cleaning Surface protectors on all door handles



As the weather gets cooler, please make sure you and your children have easy coats/shoes to remove and put on for swift entry and exits.

	SUN	MON	TUE	WED	THU	FRI	SAT	
					 Ekū 1	Self Defence 2	 Nunchaku 3	
DOJO CLOSED	IN-DOJO STRIPE WEEK							
	4	 Clean basics 5	Advanced Kata basics 6	Heian clean-up 7	Strength & conditioning 8	More Black belt prep 9	Family class - Bring a new family member to try! 10	
	11	DOJO CLOSED Thanksgiving	STRIPE WEEK VIA ZOOM					17
	12	STRIPE WEEK					16	
	18	 Sai basics & Kata 19	Bo vs Tonfa 20	Bo vs Bo 21	Nunchaku, Uchi, Meazato, & Nichio 22	Black belt prep: All weapons 23	Self Defence Kata 24	
	25	HALLOWEEN WEEK					30	
	26	Superhero Monday 26	Spooky stunts 27	Killer kicks 28	Glow in the Dark Karate Wear your costume! Claim your treats 29	 BLACK BELT ASSESSMENTS 30	 GRADING 10 am Kids 11:15am Teens & Adults 31	