



2020

NKS Markham November News

Specialty Class Info

Purchase a pair of foam (\$15) or maple (\$40) nunchaku ahead of class on Saturday, November 21st.



The gym and the changerooms remain closed at this time. We are working on re-opening these areas safely once York region is no longer in a modified Stage 2.



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.

“Our lives begin to end the day we become silent about things that matter.”

~ Martin Luther King Jr.

*All classes taught in dojo and online

MON	TUE	WED	THU	FRI	SAT	SUN
2 REQUIRED KATA	3 BELT TESTING * NO REGULAR CLASSES *	4 REQUIRED KATA	5 SPIN KICK MADNESS	6 REQUIRED KATA	7 BULLY AWARENESS TECHNIQUES	8
9 BEGINNER BO: BBM & MASTERS	10 REQUIRED KATA	11 REMEMBER YOUR STANCES	12 REQUIRED KATA	13 PRECISION PADS	14 REQUIRED KATA	15
16 REQUIRED KATA	17 SUPER SAI	18 REQUIRED KATA	19 SPARRING TIPS AND TRICKS (COVID STYLE)	20 REQUIRED KATA	21 BBM & MASTERS NUNCHAKU WORKSHOPS	22
23 BULLY AWARENESS TECHNIQUES	24 REQUIRED KATA	25 CIRCUIT TRAINING	26 REQUIRED KATA	27 FREE-FOR-ALL FRIDAY	28 REQUIRED KATA	
30 REQUIRED KATA						

Purchase a pair to use in class. See side info for pricing.

Stripe Week For All Students



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