



NOVEMBER 2020

Scarboro
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416 294 7535

MON	TUE	WED	THU	FRI	SAT
s Improve your kicks 2	s Improve your kicks 3	k Learn / improve your new Kata 4	k Learn / improve your new Kata 5	s Learn / improve your new self-defence 6	s Learn / improve your new self-defence 7
k Kata Specific Bunkai 9	k Kata Specific Bunkai 10	s Touchless kumite Seishin Shodan 11	s Touchless kumite Seishin Shodan 12	k Stances and Transitions 13	k Stances and Transitions 14
Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing -					
16	17	18	19	20	21
k Create your own kata 23	k Create your own kata 24	s Cut the angle combination Hands Blocks / Parry 25	s Colour Belt exam - No regular classes 26	k 5 count Kata 8 count adv. Kata 27	k Knife or stick flow Black Belt Test 3PM 28
Be a sensei 30	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="background-color: red; color: white; padding: 10px; border-radius: 15px; text-align: center;"> <p>Nov 26 Colour belt exam No regular classes</p> </div> <div style="background-color: yellow; color: red; padding: 10px; border-radius: 15px; text-align: center;"> <p>Nov 28 Black Belt in-dojo Test</p> </div> </div>				<p>ACCESS TO LIVE CLASSES: Meeting ID: 947 4749 0911 Password: Scarboro20</p>