



NOVEMBER 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
DOJO CLOSED	IN-DOJO STRIPE WEEK					
	SPARRING WEEK SPARRING WEEK SPARRING WEEK SPARRING WEEK SPARRING WEEK SPARRING WEEK					
1	2	3	4	5	6	7
8	ZOOM STRIPE WEEK					
	KATA WEEK KATA WEEK KATA WEEK KATA WEEK KATA WEEK KATA WEEK					
9	10	11	12	13	14	
15	REFRESHER WEEK					
	SELF-DEFENCE WEEK SELF-DEFENCE WEEK SELF-DEFENCE WEEK SELF-DEFENCE WEEK					
16	17	18	19	20	21	
22	REVIEW/PREP WEEK					
	WEAPONS FOCUS & REVIEW WEAPONS FOCUS & REVIEW WEAPONS FOCUS & REVIEW WEAPONS FOCUS & REVIEW					
23	24	25	26	27	28	Monthly Coloured Belt Grading
29	30	<p>Refer and receive! Refer a friend or family member to the dojo and we will get you a gift card to Amazon, groceries, or a gift card of your choice.</p> 				