

Refer A Friend Promo
 Refer a friend to join karate and receive a \$100 NKS Markham merchandise gift card!



NKS Markham January News

Wishing Everyone A Hopeful New Year!

In-person classes will **NOT** be taking place for the length of the Ontario-mandated lockdown. **ALL** karate classes will take place **ON-LINE ONLY**. Also, the dojo will be **CLOSED** for both in-person and online classes **EVERY Monday** as long as provincial lockdown orders remain in place.

LET'S CELEBRATE...

Huge congratulations to our newest Shodans, Nidans, Sandans and Yondan! Your commitment, passion and hard work continue to shape our dojo into a wonderful place of learning and friendship:

SHODAN

- Nadia Akhtar
- Alima Hasan
- Catherine Zhang
- Lin Chen
- Lori Barbaro
- Michael Hayes
- Natalya Bondarenko
- Sanvi Shorey
- Aesha Mohan
- Aiden Bhana
- Bhadra Thumpayil
- Carolyn Liau
- Chloe Wang
- Kimberly Lall
- Mitusaan Kugathanan
- Stephanie Delios
- Adam Chow
- Ajay Dattasai Anamangandla

NIDAN

- Alex Deng
- Allison Martin
- Connor Fong
- Dhawal Mistry
- Dylan Mistry
- Faris Amin
- Ian Feng
- Kristina Lall
- Nathan Mach
- Nilaxon Nikson
- Nishta Peshavaria
- Rohan Mistry
- Ryan Liu
- Saharnah Jeevithan
- Shawn Lu
- Shivani Peshavaria
- Trisha Ong
- Ben Yan
- Matteo Barbaro
- Ria Rathore

SANDAN

- Fazila Seegoolam
- Mukta Rathore
- Gabriel Hernando
- Rabia Bhura
- Brooklyn Mondesir
- Gabriel Kwok
- Makenna Boyd-Yeh
- Myka Jeyarajah
- Nyah Seegoolam
- Tharin Silva
- Ethan Maligsay
- Vishal Manek
- Eliana Borg
- Zachary Nepomuceno
- Maximus Mondesir
- Hannah Leung

YONDAN

- Jorge Perez-Stone

MON	TUE	WED	THU	FRI	SAT	SUN
Monday classes will resume when lockdown ends				1 DOJO CLOSED FOR CHRISTMAS BREAK	2 DOJO CLOSED FOR CHRISTMAS BREAK	3
4 NO IN-PERSON OR ONLINE CLASSES DURING LOCKDOWN	5 REGULAR CLASSES GRADINGS IN CLASS	6 STRONG LEG STANCES	7 REQUIRED KATA	8 RESOLVE TO WORK WITH YOUR WEAPONS	9 REQUIRED KATA	10
11 NO IN-PERSON OR ONLINE CLASSES DURING LOCKDOWN	12 RESOLVE TO WORK ON CONDITIONING	13 REQUIRED KATA	14 NUNCHAKU WORKSHOP	15 REQUIRED KATA	16 LEARN A NEW KATA	17
18 NO IN-PERSON OR ONLINE CLASSES DURING LOCKDOWN	19 REQUIRED KATA	20 TIMING YOUR ATTACK	21 REQUIRED KATA	22 FANCY FOOTWORK	23 REQUIRED KATA	24
25 NO IN-PERSON OR ONLINE CLASSES DURING LOCKDOWN	26 BOOT CAMP	27 REQUIRED KATA	28 SLIP, SLIP, BOOM BOXING DRILLS	29 REQUIRED KATA	30 PARENTS JOIN KIDS FOR CLASS!	31

