





JANUARY 2021 Willowdale

New year, new goals

A year from now you will wish you would have started today! Join us in January to learn new skills, develop a sharper mind, a strong body and a positive attitude! Need invigoration and a stress outlet? We got you!

SUN	MON	TUE	WED	THU	FRI	SAT
	<i>Pop up classes!</i> <i>Dec 28</i>	<i>Pop up classes!</i> <i>Dec 29</i>	<i>Pop up classes!</i> <i>Dec 30</i>	<i>Happy New Year!</i> <i>2020 sure showed us some incredible students. Strength in spirit and strength in unity. Thank you to our students for pulling us through a tough year!</i> <i>Dec 31</i>	1	<i>Dojo reopens</i> 2
<i>DOJO CLOSED</i>	<i>STRIPE WEEK STRIPE WEEK STRIPE WEEK STRIPE WEEK</i>					
3	4	5	6	7	8	9
10	<i>Self-defence Kata</i> 11	<i>Kicks & balance</i> 12	<i>Sparring drills</i> 13	<i>Wansu Dai</i> 14	<i>Suishi no kun</i> 15	<i>Learn a new Kata</i> 16
17	<i>Kanku sho basics</i> 18	<i>Advanced Kata</i> 19	<i>Kicking combinations</i> 20	 <i>Ekū Kihon & Kata</i> 21	<i>Grab your weights! Conditioning</i> 22	<i>Sparring combinations</i> 23
24	<i>Breakfalls & technical standup</i> 25	<i>Ground work Kata</i> 26	<i>"Get to the point" Precision in your techniques</i> 27	<i>Nijushi & Gojushi</i> 28	<i>HIIT training, karate style</i> 29	 <i>Coloured Belt GRADING</i> 30
31	 facebook.com/northernkaratewillowdale  Instagram: @team_nks Unless otherwise noted, all activities are conducted during regular class times.					