



MAY 2021

Willowdale

CONTEST ALERT: Win your very own NKS branded hoodie! 1) Post a pic in your stories and/or post in your gi, performing your favourite technique or during one of our Zoom classes. 2) Tag us @team_nks 3) Use hashtag #kickingthruCovid

Get ready to take your karate to the great outdoors. As soon as they make the announcement we hit the park!

May Challenge: Check your inbox for what you need to do.

	SUN	MON	TUE	WED	THU	FRI	SAT
							Switch kicks 1
<i>DOJO CLOSED</i>	STRIPE WEEK						
	2 Heian Shodan & Bassai Dai	3 Heian Nidan & Jion	4 Heian Sandan & Empi	5 Heian Yondan & Kanku Dai	6 Heian Godan & Kanku Sho	7 Axe, crescent, hook kicks	8
	SPARRING WEEK Grab your gear!						
	9 Basic combinations	10 Playing defence vs offence	11 Kicking Combinations	12 Cardio Combat®	13 Black belt prep & conditioning	14 Speedy sparring - Go Fast!	15
	16 Basic self-defence 1&5 Intermediate self-defence 1&5	17 Basic self-defence 2&6 Intermediate self-defence 2&6	18 Basic self-defence 3&7 Intermediate self-defence 3&7	19 Basic self-defence 4&8 Intermediate self-defence 4&8	20 Basic self-defence 5&9 Intermediate self-defence 5&9	22 DOJO CLOSED	
	KOBUDO / WEAPONS WEEK						
	23 DOJO CLOSED	24 Eku & Bo	25 Sai	26 Nunchaku	27 Tonfa	28 Coloured Belt GRADING No regular classes	29
	30 Skip & jump kicks	31					