



# OCTOBER 2021

Scarboro  
2969 Kingston Road  
info@nksscaboro.com -  
416 294 7535

## Schedule A

## Schedule B

MON

TUE

WED

THU

FRI

SAT

					1 Sparring Drills s	2 Sparring drills s
4 Learn / improve your required Kata k	5 Learn / improve your required Kata k	6 Learn or review your self-defence requirements s	7 Learn or review your self-defence requirements s	8 Kata Specific Bunkai k	9 <b>Thanksgiving weekend closure</b> k	
11 <b>Thanksgiving weekend closure</b> s	12 Flow drills - Self defence s	13 5 count kata / 8 count kata Migi kata k	14 Kata Specific Bunkai k	15 Seishin Shodan Sparring flow s	16 Seishin Shodan Sparring flow s	
18 Kihon higher kata k	19 Kihon higher kata k	20 BSD Migi s	21 BSD Migi s	22 5 count kata / 8 count kata Migi kata k	23 5 count kata / 8 count kata Migi kata k	
25 ISD s	26 ISD s	27 Kicks Jumping kicks k	28 <b>Oct Colour Belt exam - No regular classes</b> k	29 Escrima Stick fighting s	30 Escrima Stick fighting s	

**ACCESS TO LIVE  
CLASSES:**

**Meeting ID: 947 4749 0911**

**Password: Scarboro20**

[www.facebook.com/NKSScarboro](http://www.facebook.com/NKSScarboro)

**Sparring  
classes  
Bring your  
gears!**

**Oct 9 - 11**  
Thanksgiving  
weekend  
Dojo closed

**Oct 28**  
Colour belt  
exam  
**NO REGULAR  
CLASSES**