



OCTOBER 2021

Willowdale

ANNOUNCEMENTS:

PLEASE BE AWARE: Day 3 and Day 5 require partner work. Please attend based on your comfort level!

Grading day every last Saturday of the month. NO REGULAR CLASSES. BY INVITATION ONLY.

Refer a friend and receive limited edition NKS swag when they join.

SUN

MON

TUE

WED

THU

FRI

SAT



Pad work 101

Point sparring 101

DAY 2

1

DAY 3

2

DOJO CLOSED

STRIPE WEEK STRIPE WEEK STRIPE WEEK STRIPE WEEK

Intermediate self-defence

Required kata

Low stances

Rounds on the bags

1 minute rounds

Breakfalls 101

3

DAY 5

4

DAY 6

5

DAY 1

6

DAY 2

7

DAY 3

8

DAY 4

9

DOJO CLOSED
Thanksgiving Day

Strong blocks & strikes

Pound the pads

Drill for speed

Pins & controls

Basic self-defence

10

DAY 1

11

DAY 1

12

DAY 2



13

DAY 3

14

DAY 4

15

DAY 5

16

90°, 180°, 270°, 360° turns

Blending boxing with karate

Olympic style sparring

Ground kicks

Advanced self-defence

Kata, Kata, Kata

17

DAY 1

18

DAY 2

19

DAY 3

20

DAY 4

21

DAY 5

22

DAY 6

23

Kickboxing drills

Ippon to the point sparring

Escapes from the ground

Push, Punch, Tackle, Defence

Do you know your grading kata?

COLOURED BELT GRADING
No regular classes

24

DAY 2

25

DAY 3

26

DAY 4

27

DAY 5

28

DAY 6

29

DAY 6

30



Parents Night Out 5-9 Halloween Edition