



# NOVEMBER 2021

Scarboro  
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MON	TUE	WED	THU	FRI	SAT
S Learn / improve your new self-defence 1	K Learn / improve your new Kata 2	S Seishin shodan flow 3	K Stances and Transitions 4	S Sparring 5	K Bunkai Heian Katas 6
K Improve your kicks . Jump kicks 8	S Speed drills 9	K Review your kata 10	S Review your self defence 11	K Kihon High level kata 12	S Pressure points 13
S 15	K 16	S 17	K 18	S 19	K 20
K Create your own kata 22	S Intermediate Self Defence 23	K Cut the angle combination Hands Blocks / Parry 24	K Colour Belt exam - No regular classes 25	K 5 count Kata 8 count adv. Kata 26	S Knife or Stick flow 27
S Sparring 29	K Introduction to Goju Ryu 30				

- Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing -

**Nov 25**  
Colour belt exam  
No regular classes

Sparring classes  
Bring your gears!

**ACCESS TO LIVE CLASSES:**

Meeting ID: 947 4749 0911  
Password: Scarboro20

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