



# NOVEMBER 2021

## Willowdale

**ANNOUNCEMENTS:**

**DO NOT FORGET TO REGISTER FOR YOUR CLASSES THROUGH THE APP AND PLEASE CHECK IN UPON YOU OR YOUR CHILD'S ARRIVAL.**

**PARENTS NIGHT OUT 2 LEFT THIS FALL/WINTER SESSION. REGISTER TODAY BEFORE WE SELL OUT, BECAUSE THEY WILL! NOVEMBER NERF WARZ 5-9PM, DECEMBER HOLIDAY PARTY 5-9PM**

**MVP TRAINING ON THE LAST SATURDAY OF THE MONTH BEFORE GRADING.**

**NO REGULAR CLASSES THE LAST SATURDAY OF THE MONTH DUE TO OUR MONTHLY COLOURED BELT TESTING**

**PLEASE LEAVE US A 5 STAR REVIEW ON GOOGLE AND WE WILL HAVE A SURPRISE WAITING FOR YOU. SEE**

**RENSHI KIM TO CLAIM YOUR FREE NKS SWAG TSHIRT**

	SUN	MON	TUE	WED	THU	FRI	SAT
		<i>Hand speed for sparring</i> <small>DAY 3</small> 1	<i>Top Control Kata</i> <small>DAY 4</small> 2	<i>Basic self-defence</i> <small>DAY 5</small> 3	<i>Perfect Kata</i> <small>DAY 6</small> 4	<i>Forward and back line drills</i> <small>DAY 1</small> 5	 <i>Boxing 101</i> <small>DAY 2</small> 6
<i>DOJO CLOSED</i>  <i>Daylight Savings</i>	7	<i>STRIPE WEEK STRIPE WEEK STRIPE WEEK STRIPE WEEK</i>				12	13
		<i>Breakfall Kata</i> <small>DAY 4</small> 8	<i>Intermediate self-defence</i> <small>DAY 5</small> 9	<i>Kata, Kata, Kata</i> <small>DAY 6</small> 10	<i>Karate fundamentals</i> <small>DAY 1</small> 11	<i>Kickboxing workout</i> <small>DAY 2</small> 12	<i>Mini sparring tournament in class</i> <small>DAY 3</small> 13
		<i>Freestyle self-defence</i> <small>DAY 5</small> 14	<i>Intermediate &amp; advanced Kata</i> <small>DAY 6</small> 15	<i>Perfecting kicks</i> <small>DAY 1</small> 16	 <i>Pad power</i> <small>DAY 2</small> 17	<i>Sparring blitz 2, 5 &amp; 15 second rounds</i> <small>DAY 3</small> 18	<i>Self-defence submissions</i> <small>DAY 4</small> 19
		<i>Migi Heian Katas</i> <small>DAY 6</small> 21	<i>Long &amp; low stances</i> <small>DAY 1</small> 22	<i>Knees &amp; elbows on the pads</i> <small>DAY 2</small> 23	<i>1 minute sparring rounds</i> <small>DAY 3</small> 24	<i>Takedowns &amp; sweeps</i> <small>DAY 4</small> 25	<i>Grading Day &amp; MVP workshops</i> <i>Parents Night Out 5-9 "Nerf Warz"</i>  <small>DAY 5</small> 26
		<i>Creative basics</i> <small>DAY 1</small> 28	<i>Focus on focus pads</i> <small>DAY 2</small> 29	30			27