



# JANUARY 2022

## Willowdale

**ANNOUNCEMENTS:**

Parents Night Out were so popular we will continue into the winter session. Reserve your spots today through the sparkmember app.

Remember to **ALWAYS** bring your gear and weapons as appropriate for program level.

Every Thursday in adult class push yourself and your fitness to new heights with our Cardio Combat® classes in January.

Burn off those extra pounds gained over the holidays.

Refer and/or renew and receive **NKS branded merch!** See a sensei for details.

**Brazilian jiu jitsu is a hit!** Let us know if you or someone you know are interested.

SUN

MON

TUE

WED

THU

FRI

SAT

**DOJO CLOSED**  
DAY 6 1

<b>DOJO CLOSED</b>	2 DAY 6	3 DAY 5	4 DAY 4	5 DAY 3	6 DAY 2	7 DAY 1	8
	9 DAY 5	10 DAY 4	11 DAY 3	12 DAY 2	13 DAY 1	14 DAY 6	15
	16 DAY 4	17 DAY 5	18 DAY 6	19 DAY 1	20 DAY 2	21 DAY 3	22
	23 DAY 3	24 DAY 6	25 DAY 1	26 DAY 2	27 DAY 3	28	29
<b>DOJO CLOSED</b>	30 DAY 4	31					

**Dojo Reopens**  
**Kata Review**

**Self-defence**  
**Review**

**Breakfalls**  
**Review**

**Sparring**  
**Review**

**Pad work**  
**Review**

**Basics**  
**Clean-up**

**STRIPE WEEK STRIPE WEEK STRIPE WEEK STRIPE WEEK**

Self-defence test

Ground Pin Test

Sparring Test

Pad Work Test

Basics Test

Kata Test

**Self-defence**  
**Locks**

**Freestyle**  
**Self-defence**

**Kata**  
**Clean-up**

**Perfect Basic**  
**Combinations**

**Focus**  
**on Pads**

**Mini Sparring**  
**Tournament**

**Sparring Drills**

**Advanced**  
**Kata**

**Advanced**  
**Basics**

**Pad Power**

**Advanced**  
**Sparring**  
**Footwork**

**Grading**  
**Day**

**Solo**  
**Ground Drills**



Instagram: @team\_nks



facebook.com/northernkaratewillowdale

Unless otherwise noted, all activities are conducted during regular class times.