



FEBRUARY 2022

Willowdale

ANNOUNCEMENTS:
 We are back as of January 31st. Register for all classes through the Sparkmember app.
 Last Saturday is graduation day, MVP training returns and Parents Night Out is back!
 Renew/Refer and receive limited edition NKS merchandise.
FRIDAY IS FOR THE FITNESS/KIDS FITNESS CardioCombat® Conditioning class at 6pm.
 Due to popular demand, a New Kids BJJ class has been added on Saturday!!

SUN	MON	TUE	WED	THU	FRI	SAT
	Release lockdown aggression, pound the pads DAY 2 Jan 31	Sparring Rounds Sweat off lockdown stress DAY 3 1	Takedowns DAY 4 2	Self-defence review DAY 5 3	Kata review DAY 6 4	Fix your basics DAY 1 5
DOJO CLOSED 	Sparring defensive strategies DAY 3 6	Survive on your back DAY 4 7	Basic self-defence DAY 5 8	Kata performances DAY 6 9	Building strong foundations DAY 1 10	Power pads DAY 2 11
	STRIPE WEEK STRIPE WEEK STRIPE WEEK STRIPE WEEK					
	Top control Kata DAY 4 13	Advanced self-defence DAY 5 14	Kata snippets DAY 6 15	Advanced basic combinations DAY 1 16	Boxing combinations DAY 2 17	Invite your parents to class DAY 3 18
	DOJO CLOSED Family Day DAY 5 20	Nunchaku Kata in Masters class DAY 6 21	Proper posture for strong basics DAY 1 22	Bag work DAY 2 23	1 minute rounds DAY 3 24	Grading Day No regular classes MVP training & BJJ, PNO DAY 3 25
	Learn your next Kata DAY 6 27					26

Instagram: @team_nks
 facebook.com/northernkaratewillowdale
 Unless otherwise noted, all activities are conducted during regular class times.