



APRIL 2022

Willowdale

ANNOUNCEMENTS:

Last Saturday of the month Monthly Coloured Belt Grading, MVP training is back, Parent's Night Out. Register through the app.

Camp Black Belt® Registration has started! Secure your spot today through the app.

BJJ is going strong! If you want to try a class please speak with Shihan, Renshi, or a Sensei. More days added due to popularity.

Shihan Ricky Bonaparte will be back this month, stay tuned!

SUN

MON

TUE

WED

THU

FRI

SAT



**ALWAYS BE READY,
BRING SPARRING GEAR
TO EVERY CLASS**



Big Pad Drills

DAY 2 1

**Sparring
Combos**

DAY 3 2

<p>DOJO CLOSED</p>	STRIPE WEEK		STRIPE WEEK		STRIPE WEEK		STRIPE WEEK					
	Basic self-defence		Heian Kata Migi & Hidari		Perfect Basics		Small Pad Drills		Point Sparring Matches		Sweeps	
	3	4	5	6	7	8	9					
	DAY 5		DAY 6		DAY 1		DAY 2		DAY 3		DAY 4	
	Bunkai		Advanced Stances		Big & Small Pad Combos		Defensive Sparring Skills		Breakfalls & Spin Kicks		Intermediate Self-defence	
10	11	12	13	14	15	16						
DAY 6		DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		
Line Drills		Kick Boxing Drills		Sparring Offense		Self-defence Take Downs		Freeform Self-defence		Kobudo Katas		
17	18	19	20	21	22	23						
DAY 1		DAY 2		DAY 3		DAY 4		DAY 5		DAY 6		
Pad Power		Set-ups		Wrestle Up		Self-defence From Grabs		Kata Clean Up		Grading Day No regular classes		
24	25	26	27	28	29	30						
DAY 2		DAY 3		DAY 4		DAY 5		DAY 6		DAY 1		
Pad Power		Set-ups		Wrestle Up		Self-defence From Grabs		Kata Clean Up		MVP training & BJJ, PNO		
DAY 2		DAY 3		DAY 4		DAY 5		DAY 6		DAY 1		



Instagram: @team_nks



facebook.com/northernkaratewillowdale

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

