



APRIL 22

Scarboro
2969 Kingston Road
info@nkssc Scarborough.com -
416 294 7535

MON	TUE	WED	THU	FRI	SAT
				K Learn or review your required Kata	S Learn or review your self-defence requirements
S Pad work	K 5/8 count Kata Goju Kata (PreMas +)	S Intermediate Self Defence	K Team Kata	S Novice: Touchless kumite BBM/MAS: Sparring	K Kata Migi
K Sanbon Kumite	S Sparring	K Kihon higher level kata	S Speed self -defence Multiple attackers	Easter weekend - No regular classes	
Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing					
		Knife Self-Defence			
K Bunkai	S Take down	K April Colour Belt exam - No regular classes	S Make your own self-defence	K Open Training Nunchaku	S Sparring

APRIL 15 -16 -17
Easter Weekend
NO REGULAR CLASSES

APRIL 20
Knife Self-Defence

APRIL 27
Colour belt exam
NO REGULAR CLASSES

ACCESS TO LIVE CLASSES
Meeting ID: 947 4749 0911
Password: Scarboro20
www.facebook.com/NKSScarboro

Get NKS Sailor Drawstring Sling Bag when referring a friend or family member who activate a new membership

