



MAY 2022

Willowdale

ANNOUNCEMENTS:

Last Saturday of the month is Monthly Coloured Belt Grading,

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
DOJO CLOSED 1 DAY 3	Defensive sparring tactics 2 DAY 4	Top control 3 DAY 5	Odd # Intermediate self-defence 4 DAY 6	Thursday makeover - Lower Kata review 5 DAY 1	Partner basics 6 DAY 2	Focus pad drills 7 DAY 3
8 DAY 4	STRIPE WEEK STRIPE WEEK STRIPE WEEK Breakfall Kata Odd # Basic SD Bassai Dai / Jion / Empi Fancy stances Big pad power				13 DAY 2	Mini Sparring tournament 14 DAY 3
15 DAY 5	Even # Intermediate self-defence 16 DAY 6	Goju Katas 17 DAY 1	90°, 180°, 270° turns 18 DAY 2	Bag work 19 DAY 3	DOJO CLOSED Victoria Day weekend 20 DAY 4	DOJO CLOSED Victoria Day weekend 21 DAY 5
22 DAY 6	DOJO CLOSED Victoria Day weekend 23 DAY 1	45° movements 24 DAY 2	SPECIAL GUEST INSTRUCTOR Shihan Ricky Bonaparte 25 DAY 3	Thursday Superfights 26 DAY 4	REVIEW 27 DAY 5	Grading Day No regular classes 28 DAY 6
Black Belt Pre-grading 29 DAY 1	Adult Grading 8pm 30 DAY 2	Jump kicks 31 DAY 3	 ALWAYS BE READY, BRING SPARRING GEAR TO EVERY CLASS			



Instagram: @team_nks



facebook.com/northernkaratewillowdale

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