



# JUNE 22

Scarboro  
 2969 Kingston Road  
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 416 294 7535

MON		TUE		WED		THU		FRI		SAT		
				S Learn / improve your new self-defence 1	K Learn / improve your new Kata 2	S Circuit training 3		K Bunkai flow - Katas 4				
K Make your own kata 6	S Seishin shodan - Speed drills 7	K Team kata 8	S Speed /group self defence 9	K Kihon High level kata 10	S Kicks , Kicks and more Kicks- (Spin and Jump for BBM.MAS) 11							
S Intermediate Self Defence 13	K 5 / 8 count katas 14	S Take down 15	K Make your own bunkai 16	S Introduction to Savate 17	K Be the teacher 18							
K 20	S 21	K 22	S 23	K 24	S 25							
- Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing -												
S Work with pads 27	K Conditioning 28	K Colour Belt exam - No regular classes 29		K Open training 30								

**ACCESS TO LIVE CLASSES:**

Meeting ID: 947 4749 0911  
 Password: Scarboro20

Bring your sparring gear for all "S" days.

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