



MAY 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 2	S Learn or review your self-defence requirements Bring Your Bo 3	K Sanbon Kumite 4	S Intermediate Self Defence 5	K Kata Migi 6	S Pad work 7
S Sparring 9	K 5/8 count Kata Goju Kata (PreMas +) 10	S Basic Self Defence 11	K Seisan Kata Shito Ryu and Goju Ryu Bring Your Sai 12	S Speed self -defence Multiple attackers 13	K Team Kata 14
K Kicks / Kicks and more spin Kicks 16	S Pressure point 17	K Kihon higher level kata Bring Your Tonfa 18	S Novice: Touchless kumite BBM/MAS: Sparring 19	Queen Victoria weekend - No regular classes 20 21	
S Queen Victoria weekend - No regular classes 23	Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing 24 25 26 27 28				
K Open Training 30	S Bunkai 31	K May Colour Belt exam - No regular classes 1		MAY 20-21-22-23 Queen Victoria Weekend NO REGULAR CLASSES June 1st Colour belt exam NO REGULAR CLASSES	

ACCESS TO LIVE CLASSES
Meeting ID: 947 4749 0911
Password: Scarborough20
www.facebook.com/NKSScarboro

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

