



JUNE 22

Scarboro
2969 Kingston Road
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416 294 7535

MON	TUE	WED	THU	FRI	SAT
		May Colour Belt exam - No regular classes <small>1</small>	Learn / improve your new Kata <small>2</small>	Circuit training <small>3</small>	Bunkai flow - Katas <small>4</small>
Make your own kata <small>6</small>	Seishin shodan - Speed drills <small>7</small>	Team kata <small>8</small>	Speed /group self defence <small>9</small>	Kihon High level kata <small>10</small>	School closed due to the All dojo NKS Black belt grading
Intermediate Self Defence <small>13</small>	5 / 8 count katas <small>14</small>	Take down <small>15</small>	Make your own bunkai <small>16</small>	Introduction to Savate <small>17</small>	Be the teacher <small>7</small>
- Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing -					
Work with pads <small>27</small>	Conditioning <small>28</small>	Colour Belt exam - No regular classes <small>29</small>	Open training <small>30</small>	ACCESS TO LIVE CLASSES: Meeting ID: 947 4749 0911 Password: Scarboro20	

Bring your sparring gear for all "S" days.

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