





# NOVEMBER 22

Scarboro  
2969 Kingston Road  
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416 294 7535

MON	TUE	WED	THU	FRI	SAT
	s Learn or review your self-defence requirements 1	k Learn or review your required Kata 2	s Sparring drills 3	k Stances and turns 4	s Take down 5
s Kata Specific Bunkai 7	k Work with pads 8	s Spin and skipping kicks 9	k Team Kata 10	s Novice:  Touchless kumite BBM/MAS: Sparring 11	k Kata Migi 12
k Kata Focus 14	s Sparring 15	k Kihon higher level kata 16	s Cut the angle combination Hands Blocks / Parry 17	k 5 / 8 counts Kata 18	s Knife or stick flow seminar  19
s Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing 21					k Northern Karate Schools Black Belt Graduation at York University - Schools are closed 26
k Bunkai 28	s Wrist locks and arm bars 29	k Colour Belt exam - No regular classes 30			

**NOV 19**  
Kali Seminar  
With Sifu  
Shawn Gliddon  
Adults only

**NOV 26**  
NKS Black Belt  
graduation  
**NO REGULAR  
CLASSES**

**NOV 30**  
Colour Belt  
Exam  
**NO REGULAR  
CLASSES**

**ACCESS TO LIVE CLASSES**  
Meeting ID: 947 4749 0911  
Password: Scarboro20  
[www.facebook.com/NKSSScarboro](http://www.facebook.com/NKSSScarboro)