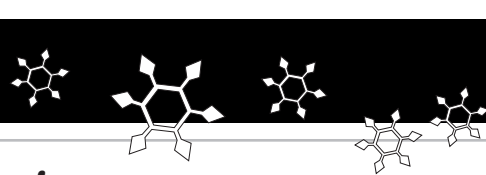





JANUARY 2023



Willowdale

- Dojo reopens January 9th for regularly scheduled classes!

- New year=new goals. Ask yourself where you would like to be in 3 months from now? - think of a specific skill you would like to develop? In 6 months from now? What is a "larger," more rank driven accomplishment you would like to achieve? A year from now, what changes do you want to see in your martial arts and your personal self development to help you become that better version of yourself? Write them down and set easy short term goals to help you reach your bigger goals. Feel free to speak with a Sensei, we can help you achieve and realize your dreams. Ossu

SUN	MON	TUE	WED	THU	FRI	SAT
DOJO CLOSED Happy New Year! 1	DOJO CLOSED 2	DOJO CLOSED 3	Open special schedule 4	Open special schedule 5	Open 6	Open regular schedule 7
8	STRIPE TESTING Basics review DAY 1 9	STRIPE TESTING Pad workout  DAY 2 10	STRIPE TESTING Sparring review DAY 3 11	STRIPE TESTING Breakfall review DAY 4 12	STRIPE TESTING Self-defence review DAY 5 13	STRIPE TESTING Kata review DAY 6 14
15	STRIPE TESTING NEW pad syllabus DAY 2 16	STRIPE TESTING Adv. Self defence sets DAY 3 17	STRIPE TESTING Off-balance your opponent DAY 4 18	STRIPE TESTING Self-defence 1-5 Intermediate DAY 5 19	STRIPE TESTING Heian Katas DAY 6 20	STRIPE TESTING Line drills DAY 1 21
22	Defensive sparring skills DAY 3 23	Intermediate SD locks DAY 4 24	Self-defence Intermediate 6-10 DAY 5 25	Kanku Dai & Sho DAY 6 26	Creative basics DAY 1 27	Monthly Kyu Graduations No regular classes DAY 2 28
29	 Sweeps DAY 4 30	Basic SD 1-5 DAY 4 31	 Northern Karate Schools 416 • 499 • 5555 1515 Steeles Avenue East			

Instagram: @team_nks facebook.com/northernkaratewillowdale

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



**ALWAYS BE READY,
 BRING SPARRING GEAR
 TO EVERY CLASS**