



# FEBRUARY 2023

## Willowdale

- February 20: Dojo closed for Family Day
- Camp Black Belt® March Break Camp being offered March 13 -17, register through the app  
March Break Camp is 2 hours of karate and fun activities in the afternoons!



SUN	MON	TUE	WED	THU	FRI	SAT	
<p><b>ALWAYS BE READY, BRING SPARRING GEAR TO EVERY CLASS</b></p>			<b>Bassai Jion Empi</b>  DAY 6      1      DAY 1	<b>Focus on kicks</b>  DAY 2      2      DAY 2	<b>Big pad / little pad combos</b> DAY 3      3      DAY 3	<b>Go on offense; sparring drills</b> DAY 4      4      DAY 4	
	<b>DOJO CLOSED</b>		<b>STRIPE TESTING</b> Basic SD 1, 3, 5, 7, 9 DAY 5      5      DAY 5	<b>STRIPE TESTING</b> Improve your basics with line drills DAY 1      6      DAY 6	<b>STRIPE TESTING</b> 2-minute rounds DAY 2      7      DAY 7	<b>STRIPE TESTING</b> Mini sparring matches DAY 3      8      DAY 8	<b>STRIPE TESTING</b> Off-balancing DAY 4      9      DAY 9
	<b>DOJO CLOSED</b>		<b>STRIPE TESTING</b> Heian Kata BUNKAI DAY 6      10      DAY 10	<b>STRIPE TESTING</b> Clean basics DAY 1      11      DAY 11	<b>STRIPE TESTING</b> Heavy bag work DAY 2      12      DAY 12	<b>STRIPE TESTING</b> Super fight Thursdays DAY 3      13      DAY 13	<b>STRIPE TESTING</b> Takedowns DAY 4      14      DAY 14
	<b>DOJO CLOSED Family Day</b>		<b>Partner mitt combos</b> DAY 2      15      DAY 15	<b>Defensive sparring skills</b> DAY 3      16      DAY 16	<b>Intermediate 6-8</b> DAY 4      17      DAY 17	<b>Intermediate 1-5</b> DAY 5      18      DAY 18	<b>Monthly Kyu Graduations</b> No regular classes DAY 6      19      DAY 19
	<b>DOJO CLOSED</b>		<b>Heavy bag roung pt II</b> DAY 2      20      DAY 20	<b>2 on 1 sparring matches</b> DAY 3      21      DAY 21			
<b>DOJO CLOSED</b>		<b>Heavy bag roung pt II</b> DAY 2      26      DAY 26	<b>2 on 1 sparring matches</b> DAY 3      27      DAY 27				



Instagram: @team\_nks



facebook.com/northernkaratewillowdale

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