

# JUNE 2023

**Father's Day Idea!**  
 Invite your parent to Karate class with you this month. It's a great way to spend time together.  
 Non-member parents should wear comfortable clothing they can move in.



MON	TUE	WED	THU	FRI	SAT
			K Learn or improve your required Kata 1	S	K Work MIGI 3
K Make your own kata Kobudo: EKU 5	S Pound the pad 6	K Kihon higher level kata Kama 7	S Learn your required Self-Defense 8	K	S SPARRING / Savate with Initiateur Shawn Gliddon 10
S ISD / ISD MIGI 12	K Footwork and kicks 13	S SPARRING 14	K Sanbon Kumite 15	S	K Make your own bunkai 17
K	S	K	S	K	S
- Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing -					
	20	21	22	23	24
K High level Kata Kobudo: Tonfa 26	K Joint locks 27	S Kihon / Bo Kumite 1-5 Kobudo BO 28	K COLOUR BELT EXAM No Regular Classes 29	K	

**In June**  
 For father's day month - Bring your parents to class!

**June 10**  
 Savate seminar with initiateur Shawn Gliddon

**June 29**  
 Colour belt exam  
 School closed

**June 11**  
 Come cheer our newest Black Belt recipients at York University  
 See flyer.

**ACCESS TO LIVE CLASSES**  
 Meeting ID: 573 134 0245  
 Password: nks4life

