

thornhill/concord/north york

## AUG 28—SEPT 3 ASSESSMENT WEEK

During Assessment Week, we will be evaluating all students with 1 or 2 red stripes to determine an upcoming graduation.

### UPCOMING EVENTS

Parents Night Out is Saturday, Sept 23rd

Last week of Summer Camp Black Belt®

2 Hours of Training Each Day. Fun Activities, Tournaments and Extra Stripe Evaluations.

The Dojo will be Closed September 1-4 and we will reopen on Tuesday, September 5th.

- ★ Sparring Gear Mandatory
- Bring your Weapons
- ▲ Wear Workout Gear
- ◆ Bring Combat Gear
- A 8 and Under Overflow
- B 9 to 13 yrs Overflow

	MON AUG 28	TUES AUG 29	WED AUG 30	THURS AUG 31	FRI SEPT 1	SAT SEPT 2	SUN SEPT 3
10:00-11:00 All Belts Adult Required Curriculum	4:30-5:00 White Belts 7 and Under Pad Drills	10:00-11:00 Combat Conditioning Teen/Adult Conditioning	4:30-5:00 White Belts 7 and Under Jump Kicks				
4:30-5:10 Purple to Brown ▲ 10 and Under Karate Conditioning	5:00-5:30 Yellow Belts 8 and under Pad Drills	4:30-5:10 Fusion Orange to Blue Adv ▲ 8 and Under ◆ Level 1 Curriculum	5:00-5:30 Yellow Belts 8 and Under Jump Kicks				
5:10-5:50 Yellow Belts ▲ 8 to 13 yrs Karate Conditioning	5:30-6:10 Orange to Blue Adv 8 and Under Pad Drills	5:10-5:50 Purple to Brown 10 and Under Jump Kicks	5:30-6:10 Purple to Brown 11 to 13 yrs Jump Kicks				
5:50-6:30 White Belts ▲ 8 to 13 yrs Karate Conditioning	<b>N</b> 6:10-6:50 Black Belts 13 and Under Curriculum Review	5:50-6:30 White Belts 8 to 13 yrs Jump Kicks	<b>N</b> 6:10-6:50 <b>Bassai</b> Brown Adv 13 and Under Ground Flow Drills				
<b>N</b> 6:30-7:15 Fusion Brown Adv ▲ 13 and Under Level 1 Curriculum	6:50-7:30 Orange to Blue Adv 9 to 13 yrs Pad Drills	6:30-7:10 Yellow Belts 8 to 13 yrs Jump Kicks	<b>N</b> 6:50-7:30 Fusion Black Belts ▲ 13 and Under Open Positional Roll				
7:15-8:00 Purple to Brown ▲ 11 to Adult Karate Conditioning	7:30-8:15 White to Yellow Teen/Adult Pad Drills	7:10-7:50 Orange to Blue Adv 9 to 13 yrs Jump Kicks	7:30-8:15 White to Yellow Teen/Adult Kicking Drills				
8:00-8:45 Orange to Blue Adv ▲ Teen/Adult Karate Conditioning	8:15-9:15 Black Belts + Teen/Adult Pad Tabata	7:50-8:45 Combat Conditioning ▲ Teen/Adult Conditioning	8:15-9:15 Black Belts + Teen/Adult Curriculum Review				
8:45-9:30 <b>Bassai</b> Brown Adv Belt Teen/Adult Ground Flow Drills	9:15 - 10:15 Combat Veritas® ▲ Teen/Adult Open Roll	8:45-9:30 Fusion Orange to Brn Adv ▲ Teen/Adult ◆ Level 1 Curriculum	9:15 - 10:15 Combat Veritas® ▲ Teen/Adult Open Positional Roll				

The Dojo will be Closed Friday, September 1st to Monday, September 4th and we will reopen Tuesday, September 5th.