





# FEBRUARY 2024 Don Mills

**FRIENDS & FAMILY MONTH** - Refer a member to our dojo & if they enroll in one of our programs they will receive an NKS discount & you will receive an NKS credit.

**FEB. 10** - SCHOOL GRADUATION - NKS welcomes - Broadlands PS & Denlow PS

SUN	MON	TUE	WED	THU	FRI	SAT
				Conditioning & pad work DAY 1	Breakfalls DAY 2	Circuit training DAY 3
<b>DOJO CLOSED</b> Black belt prep (BPP) begins! 	<b>STRIPE WEEK STRIPE WEEK STRIPE WEEK STRIPE WEEK S</b> <b>NOVICE/BBM STRIPE WEEK NOVICE/BBM NOVICE/BBM NOV</b>					<b>School Graduation</b> Welcome Broadlands PS & Denlow PS
4	KATA DAY 4	5 SELF-DEFENCE DAY 5	6 KATA DAY 1	7 SELF-DEFENCE DAY 2	8 KATA DAY 3	9 SELF-DEFENCE DAY 4
<b>DOJO CLOSED</b>	SPARRING WEEK			SPARRING FOOT & SCORING w/ KICKS w/ Renshi Emina Duran	SPARRING WEEK	
11	SCORING THE POINT DAY 5	12 DEFENSIVE SPARRING DAY 1	13 SETTING UP YOUR OPPONENT DAY 2	14	15 POINT SPARRING DRILLS DAY 4	16
<b>DOJO CLOSED</b>	<b>DOJO CLOSED</b> Family Day Long Weekend	<b>Kata sections (timing)</b> 	DRILLING SOLID FUNDAMENTALS w/ Sensei Shara Colabewala	<b>Terminology Day</b>	<b>Focus "KIME"</b>	
18	19	20	21	22	23	<b>Colour Belt Exam</b> NO REGULAR CLASSES 8:00am STAFF & MVP WORKSHOP 9:15-10:30am BROWN BELT STRIPING 10:30-11:15am FAMILY WHITE & YELLOW BELTS 11:15-12:15pm FAMILY ORANGE TO BLUE ADV BELTS & PURPLE BELT STRIPING 12:15-1:15pm YOUTH/ADULT ALL BELTS
<b>DOJO CLOSED</b>	<b>MAS: Monday Night Special</b> w/ Shihan Mukai (7:45pm class only)	<b>Focus pad drills</b>	<b>PreMAS &amp; MAS: Bunkai - Kata Applications</b> w/ Shihan Lewis	<b>Speed drills</b>	<b>DAY 1</b>	
25	26	27	28	29	24	



	NOVICE & BBM	MASTERS & PreMASTERS		
Day 1	STRIPES 1,2	STRIPES 1,2	Tonfa	Kama
Day 2	STRIPES 2,3	STRIPES 3,4	Sai	Nunchaku
Day 3	STRIPES 3,4	STRIPES 5,6	Bo	Tekko
Day 4	STRIPES 4,5	STRIPES 7,8	Knife	Eku
Day 5	STRIPES 5,6	STRIPES 9,10	Stick	Bo

This table shows you exactly what you will be working on in each class. You can also look at recordings of the class to review specific techniques!