



December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<div style="border: 1px solid black; padding: 5px;"> Kicking Combinations & Power Pads </div>
CP24/Christmas Wish Toy Drive Please bring a new unwrapped toy until December 17th and we will be donating to the CP24 ChumCity Christmas Wish Toy Drive.						
2	<div style="border: 1px solid black; padding: 5px;"> Kata Testing Day 1 </div>	<div style="border: 1px solid black; padding: 5px;"> Self Defence Testing Day 1 </div>	<div style="border: 1px solid black; padding: 5px;"> Self Defence Testing Day 2 </div>	<div style="border: 1px solid black; padding: 5px;"> Kata Testing Day 2 </div>	<div style="border: 1px solid black; padding: 5px;"> Sparring </div>	<div style="border: 1px solid black; padding: 5px;"> 2 step Sparring </div>
December 3rd to 8th STRIPE WEEK December 3rd to 8th						
<div style="border: 1px solid black; padding: 5px;"> Black Belt Graduation @ York U </div>	<div style="border: 1px solid black; padding: 5px;"> Locks: Wrists & Shoulders </div>	<div style="border: 1px solid black; padding: 5px;"> Okinawan Conditioning </div>	<div style="border: 1px solid black; padding: 5px;"> Points of Impact </div>	<div style="border: 1px solid black; padding: 5px;"> Clean up your Basics </div>	<div style="border: 1px solid black; padding: 5px;"> The Fight for Mount vs Playing from your back </div>	<div style="border: 1px solid black; padding: 5px;"> Obstacle Course </div>
16	<div style="background-color: #fff9c4; border: 1px solid black; padding: 5px;"> Cardio Combat® for kids @7pm Wear your workout clothes </div>	<div style="border: 1px solid black; padding: 5px;"> Flashy Sparring Techniques </div>	<div style="background-color: #fce4ec; border: 1px solid black; padding: 5px;"> Monthly Colored Belt Grading* 5-6 ALL KIDS 6-7 Sandan + Staff training 7-8 ALL ADULTS **NO REGULAR CLASSES** </div>	<div style="border: 1px solid black; padding: 5px;"> YEAR END KARATE CLEAN UP </div>	<div style="border: 1px solid black; padding: 5px;"> King of the Hill Sparring </div>	<div style="border: 1px solid black; padding: 5px;"> Reflections of 2018 GOALS for 2019 </div>
23	Dojo Closed for Holiday Break Regular classes will resume Jan 5, 2019					