

Family & Friends Promotion Starts Now...  
 ♦ Take advantage of our ONLY PROMOTION OF THE YEAR ♦



	MON	TUE	WED	THU	FRI	SAT
		1 DOJO CLOSED FOR CHRISTMAS BREAK	2 DOJO CLOSED FOR CHRISTMAS BREAK	3 DOJO CLOSED FOR CHRISTMAS BREAK	4 DOJO CLOSED FOR CHRISTMAS BREAK	5 DOJO CLOSED FOR CHRISTMAS BREAK
	7 DOJO OPEN: REGULAR CLASS SCHEDULE	8 RESOLVE TO WORK ON CONDITIONING	9 SORE CORE!!! @ 6:50 AND 7:30	10 RESOLVE TO SPAR AND SWEAT	11 RESOLVE TO PRACTICE YOUR FAVOURITE KATA	12 RESOLVE TO WORK WITH YOUR WEAPONS
Stripe Week Novice and Jr. Masters	14 SENSEI DEMO DAY	15 WRESTLING GAMES	16 ASK A FRIEND TO JOIN YOU IN CLASS	17 PERFECT BO BASICS	18 ASK A FRIEND TO JOIN YOU IN CLASS	19 BOOTCAMP @ 9:00
Stripe Week BBM Students	21 SUPER SLOOOWWW KICKS	22 MULTIPLE ATTACKER DEFENCE	23 BUDO BLISS® YOGA @ 7:30	24 GRAPPLE TO THE GROUND	25 BE A SENSEI DAY	26 JAPANESE TERMINOLOGY
	28 LEGS ONLY SPARRING	29 MASTERS OAR	30 HEAVY BAGS AND PADS	31 STUNT SCHOOL		



## Let's Celebrate...

**Huge congratulations** to our newest **Shodans, Nidan and Yondan**. Your commitment, passion and hard work continue to shape our dojo into a wonderful place of learning and friendship:

### Shodans:

Elisa Campanella  
Keira Chang  
Dylan Collins  
Qhueenu Gopalaratnam  
Jhaanhu Gopalaratnam  
Darius Ho  
Harrod Kong  
Naya Mitra

Naveed Mojtahedi  
Fernando Montenegro  
Shiven Perinpanathan  
Rachel Phang-Lyn  
Danny Porinchu  
Sarish Prabakaran  
Ivan Tang  
Arthur Tea

### Nidan:

Matthew Won

### Yondan:

Victor Lao

◆ **Congrats to Stephanie Sowagi!!!**  
◆ **Markham dojo's newest Renshi** ◆



## Family & Friends Promotion Starts Now...

Now is the perfect time to kick-start some karate training! Our **ONLY** promotion of the year **includes \$100 off the Novice tuition price, two QuickStart classes and a white uniform**. Students who refer someone to the dojo will receive an amazing **Karate Item** or a **Cineplex Great Escape movie pass** - your choice! Invite your family and friends to participate in any of our Kids Novice, Adult All Belts or Family classes during January and February - and help them kick-start their New Year Resolutions!