



JANUARY 2019 Don Mills

JANUARY IS FRIENDS & FAMILY MONTH -- To celebrate, please bring a guest to class -- When they enroll in a regular NKS program, they'll receive 10% off and you'll get an NKS gift + vouchers towards merchandise or tuition!

DOJO CLOSED -- January 1-6. Dojo reopens for regular classes on January 7!

SUN	MON	TUE	WED	THU	FRI	SAT
DOJO CLOSED Dec 23 - Jan6		DOJO CLOSED Dec 23 - Jan6 Happy New Year	DOJO CLOSED Dec 23 - Jan6	DOJO CLOSED Dec 23 - Jan6	DOJO CLOSED Dec 23 - Jan6	Dojo Open! New Years Celebration Special Class Schedule
DOJO CLOSED Dec 23 - Jan6	Dojo Open! Review Day	BBM & Masters: Sparring & Conditioning drills	Focus pad drills	BBM & Masters: Sparring set-ups	Pound the pads	BBM & Masters: Sparring combos
STRIPE TESTING NOVICE/BBM		STRIPE TESTING NOVICE/BBM		STRIPE TESTING NOVICE/BBM		STRIPE TESTING NO
PreMAS & MAS: Kata & Bunkai	PreMAS & MAS: Multiple attacker self-defence	PreMAS & MAS: Kobudo conditioning	PreMAS & MAS: Takedowns & breakfalls	MAS: Drilling advanced kata sections	PreMAS & MAS: Sparring & conditioning	
13	14	15	16	17	18	19
BBM: Breakfalls pt 1	Novice: Kata (perfect stances) BBM: Kata timing	BBM: Footwork	Line drills	BBM: Breakfalls pt 2	Novice: Perfect your kicks BBM: Jump kicks	BBM: Point sparring drills
20	22	23	24	25	26	
Review Day	KYOSHI WALSH'S Monday night workshop 7:45pm MAS class	Colour Belt Exams Jr Testing for Adv White, Yellow: 4:30pm Jr Testing for Adv Yellow, Orange, Adv Orange & Green: 5:30pm Jr Testing for Adv Green & Above: 6:30pm Youth/Adult All Belts: 7:30pm NO REGULAR CLASSES	Masters: Ground work	Upper body conditioning	New Years Celebration Classes 10-11am: Family White to Orange Belts 11-12pm: Adv Orange to Adv Blue Belts 12-1pm: Family Purple to Black Belts 1-2pm: Adults - ALI Belt Levels 2-3pm: MVP/Staff Celebrations	
27	28	29	30	31		

PLEASE DOWNLOAD OUR APP!
NKS-Don Mills
Kata / Self-defence / Syllabus / Schedule / Calendar / and more!

Unless otherwise noted, all activities are conducted during regular class times.