



	MON	TUE	WED	THU	FRI	SAT
					1 ASK A FRIEND TO JOIN YOU IN CLASS	2 KATA TO THE RIGHT AND BACKWARDS
	4 100 PUSH-UPS IN EVERY CLASS	5 BELT TESTING * NO REGULAR CLASSED *	6 ZULU STICK FIGHTING	7 PERFECT BASICS	8 TONFA VS BO	9 ASK A FRIEND TO JOIN YOU IN CLASS
Stripe Week Novice and Jr. Masters	11 WRESTLING GAMES	12 PARENTS HOLD THE PADS	13 SORE CORE!!! @ 6:50 AND 7:30	14 I ♥ SPARRING	15 FLYING KICK FRIDAY	16 DOJO CLOSED FOR FAMILY DAY WEEKEND
Stripe Week BBM Students	18 DOJO CLOSED FOR FAMILY DAY WEEKEND	19 RYUKYU KOBUDO BO	20 BUDO BLISS® YOGA @ 7:30	21 SPIN KICK MADNESS	22 POWER PAD DRILLS	23 BOOTCAMP @ 9:00
	25 BETTER BAG DRILLS	26 ASK A FRIEND TO JOIN YOU IN CLASS	27 SENSEI SPARRING	28 FOCUS ON STANCES		

Stripe Week
Novice and Jr. Masters

Stripe Week
BBM Students



Monthly Notes: February

- The dojo will be **closed** on Saturday, February 16th and Monday, February 18th for **Family Day Long Weekend**.

“You can’t go back and change the beginning,
but you can start where you are and change the ending.”
~ C.S. Lewis



Family & Friends Promotion Ends Soon...

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 February - and help them kick-start their New Year Resolutions!