



February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>BEAT THE WINTER BLUES WITH US... FEBRUARY IS GOING TO BE FUN! February is still Friends & Family months. SEE A SENSEI FOR DETAILS. REGISTER FOR CAMP BLACK BELT® MARCH BREAK CAMP</p>				<p>NKS CHAMPIONSHIP SPARRING</p>	<p>PAD FLOW DRILLS</p>
<p>Always come prepared. Bring sparring gear to every class!</p>	<p>3 Make up your own KATA</p>	<p>4 MIMI Self Defence</p>	<p>6 FUN Self Defence</p>	<p>7 CREATIVE BASICS</p>	<p>8 SPAR -A- THON</p>	<p>9 JUMP KICKS</p>
	<p>February 4th to 9th STRIPE WEEK February 4th to 9th</p>					
	<p>10 OBSTACLE COURSE CONDITIONING</p>	<p>11 WORK ON YOUR BREAKFALLS & TAKEDOWNS</p>	<p>13 SPEED AND REACTION</p>	<p>14 FILM A FIGHT SEQUENCE BE OUR INSTAGRAM STAR</p>	<p>15 COMBAT VERITAS IN ALL CLASSES GRAPPLING</p>	<p>16 NKS FAMILY APPRECIATION DAY F&F TRY A CLASS HOT CHOCOLATE COFFEE AND DONUTS</p>
<p>17 Family Day Weekend Dojo Closed</p>	<p>18</p>	<p>19 SPARRING DRILLS, CONTROL DISTANCE</p>	<p>20 CARDIO COMBAT® IN ALL CLASSES</p>	<p>21 WEAPONS WEAPONS WEAPONS</p>	<p>22 SPAR A SENSEI</p>	<p>23 REAL WORLD SELF DEFENCE</p>
<p>24 "GLO & GO" Kids Cardio Combat® (Wear workout clothes) 7pm</p>	<p>25</p>	<p>26 SUPERHERO MOVES WEAR YOUR FAVOURITE SUPERHERO SHIRT TO CLASS</p>	<p>27 ADULT GRADING DURING ADULT CLASS 8PM</p>	<p>28 NO REGULAR CLASSES! MONTHLY COLOURED BELT TESTINGS White-Green 445pm Green adv & above 545 pm SANDAN+ TRAINING 630PM</p>		