



APRIL 2019 Don Mills

SUMMER CAMP REGISTRATION OPENS APRIL 1st -- Register through our NKS App or visit www.nksdonmills.com/campblackbelt - Space is limited - Enrol early to avoid waiting lists.

APRIL 7th-20th -- Tournament Prep Week

APRIL 27th NKS FRIENDSHIP TOURNAMENT: Fundraising Friendship Tournament for all NKS students! It's an opportunity to challenge yourself in a fun and nurturing environment. Participate and have FUN! Register with the NKS App, or visit www.nksdonmills.com/tournament

ATTENTION PARENTS: Get on the floor and help train with your child! - ALL SATURDAYS IN APRIL!

SUN	MON	TUE	WED	THU	FRI	SAT
	^K Tips for better Kata performance 1	^S MAS: Intermediate self-defence drills 2	^K BBM: Kata drills left & right MAS: Groundwork 7:45pm class only 3	^S Pound the pads 4	^K NOVICE: Sharpen your fundamentals 5	^S PARENTS! Help Train Your Child DAY 1/4 INTERNAL EXAM Jr Shodan & Nidan candidates 12-1:30pm 6
^K INTERNAL EXAM Youth/Adult Shodan & Nidan candidates 8am SHARP 7	TOURNAMENT PREP WEEK				^S PARENTS! Help Train Your Child DAY 2/4 8	^K PARENTS! Help Train Your Child DAY 2/4 9
^S TOURNAMENT PREP WEEK	^K TOURNAMENT PREP WEEK	^S TOURNAMENT PREP WEEK	^K TOURNAMENT PREP WEEK	^S TOURNAMENT PREP WEEK	^K TOURNAMENT PREP WEEK	^S TOURNAMENT PREP WEEK
^S TOURNAMENT PREP WEEK	^K TOURNAMENT PREP WEEK	^S Special Guest Instructor HANSHI ALAIN SAILLY 6:45pm & 9:45pm classes 16	^K TOURNAMENT PREP WEEK	^S TOURNAMENT PREP WEEK	^K DOJO CLOSED Good Friday	^S PARENTS! Help Train Your Child DAY 3/4 TOURNAMENT PREP WEEK
^K DOJO CLOSED Easter Sunday	^S BBM & MAS: Point sparring drills 22	^K Line drills 23	^S Stick & Knife Workshop with SHIHAN VILLAR 7:45pm class only 24	^K Spin, skip & jump kicks 25	^S BBM, PreMAS & MAS: Conditioning drills & sparring 26	^K PARENTS! Help Train Your Child DAY 4/4 NKS Friendship Tournament Day @ NKS Markham 27
^S MAS: Block, Shock, & Unbalance w/ SHIHAN LEWIS 28	^K KYOSHI'S Monday Night Special 7:45pm class only INTERNAL EXAM Sandan & Yondan candidates 8:45pm 29	^S 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 30	<p>↓ PLEASE DOWNLOAD OUR APP! NKS-Don Mills Kata / Self-defence / Syllabus / Schedule / Calendar / and more!</p> <p> Follow us on Instagram at NKSDM</p>			

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