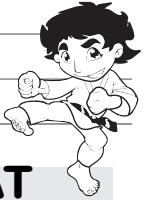



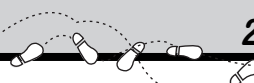











APRIL 2019

Willowdale

Does your child attend a catholic school or a York region school in the area? Do you want us to raise money for your child's school by running a 6 week no contact lunch program? We are board approved and have 2 spots left before this school year finishes. Please see a Sensei for details!



SUN	MON	TUE	WED	THU	FRI	SAT
	CHECK YOUR GROWTH STRIPE WEEK Sparring  1	CHECK YOUR GROWTH STRIPE WEEK Self-defence  2	CHECK YOUR GROWTH STRIPE WEEK Kata 	CHECK YOUR GROWTH STRIPE WEEK Self-defence  4	CHECK YOUR GROWTH STRIPE WEEK Kata  5	CHECK YOUR GROWTH STRIPE WEEK Sparring  6
DOJO CLOSED 	7 Sowing strong seeds / amazing & clean basics	8 Taking strong basics & start moving across the floor	 HANSHI ALAIN SAILLY 5:10pm MAS 7:10pm Jr MAS 8-9:15pm Adult All Belts	11 Turns into working w/ your surroundings (overcoming blocks & obstacles)	12 Working in unison with your partner for growth	 Growing into your full potential (performance)
	14 TOURNAMENT PREP WEEK	15 Improving your conditions	16 Become aware of your surroundings	17 Modifying your movements	18 DOJO CLOSED Good Friday	19 Flying into the air w/ Superman punches & jump kicks
21 Review your material	22 KYOSHI ERIC VINAGREIRO 7:30 Black belts 8:30 Teen & Adult All Belts	23 Performance prep Adult Grading 8pm	24 Monthly coloured belt grading NO REGULAR CLASSES	25 Last minute tournament prep	26 Friendship tournament @ NKS Markham NO REGULAR CLASSES	27 Friendship tournament @ NKS Markham NO REGULAR CLASSES
28 Cardio Combat® for kids - 7pm Wear workout clothes	29 Learn your next kata	30	 facebook.com/northernkaratewillowdale  Instagram: @team_nks Unless otherwise noted, all activities are conducted during regular class times.			



Always bring your sparring gear to class!

"It does not matter how slowly you go as long as you do not stop."
 -- Confucius