



MAY 2019 Don Mills

MOTHER'S DAY MONTH: Mothers train FREE for the whole month during your child's class. Gym attire recommended!

SATURDAY MAY 25TH -- Women's ONLY Self-defence Reality Check® with Sensei Emina Duran 3:30-5pm register online at www.nksdonmills.com/womenselfdefence

SUN	MON	TUE	WED	THU	FRI	SAT
			K Drilling sections of Kata 1	S Self-defence drills 2	K Kick like a Black belt 3	S Star Wars Day May the 4th be with you! PreMAS/MAS: Bo & short stick training 4
K STRIPE TESTING NOVICE/BBM PreMAS/MAS: Bo Kumite MAS: Nunchaku drills 5	S STRIPE TESTING NOVICE/BBM PreMAS/MAS: Point sparring counter drills 6	K STRIPE TESTING NOVICE/BBM MAS: Advanced kata sections 7	S STRIPE TESTING NOVICE/BBM PreMAS: driving INT. S/D MAS: Self-defence against grabs & kicks 8	K STRIPE TESTING NOVICE/BBM PreMAS/MAS: Drilling Kobudo Kata sections 9	S STRIPE TESTING NOVICE/BBM PreMAS/MAS: Learning to score with kicks (set-ups & combos) 10	K STRIPE TESTING NOVICE/BBM Circuit training 11
S STRIPE TESTING BBM: Point sparring drills 12	K STRIPE TESTING Novice: Pound the pads 13	S STRIPE TESTING BBM: Upper body drills 14	K STRIPE TESTING BBM: Kicking drills 15	S STRIPE TESTING BBM: Self-defence 16	DOJO CLOSED	
K DOJO CLOSED 19	S DOJO CLOSED Victoria Day 20	K Kick like a Black belt 21	S Block & counter drills 22	K Drilling Kata sections & Bunkai with RENSHI MUKAI Adult evening class only 23	S Upper body conditioning w/ RENSHI VAN SLUYTMAN Youth/Adult evening class only 24	K Women's self-defence seminar with Sensei Emina Duran 3:30-5pm Register online 25
S MAS: Advanced Self-defence w/ SHIHAN LEWIS 26	K KYOSHI'S Monday night special 7:45pm MAS class only 27	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 28	K MAS: Knife & Stick training with SHIHAN VILLAR 7:45pm MAS class only 29	S BBM, PreMAS, MAS: Point sparring drills 30	K Be a Sensei Day 31	

ATTENTION NKS CAMPERS --
Wear your Camp T-shirts for the whole month!

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.