



MAY 2019 Willowdale

WOMEN'S ONLY SELF-DEFENCE / CARDIO COMBAT® class -- Followed by sushi & treats w/ Renshi Kim 5-23 @8:30pm, register today, limited spots available.

TEEN SPECIAL W/ SENSEI JASMINE -- Followed by pizza & treats. 5-31, 7-8pm. Register today, limited spots available.

SUN	MON	TUE	WED	THU	FRI	SAT
			Speed & timing drills 1	Power pads 2	1/4 guard 3	Escaping grabs 4
DOJO CLOSED	STRIPE WEEK		STRIPE WEEK		STRIPE WEEK STR	
	Kata 5	Self-defence / Sparring 6	Self-defence / Sparring 7	Kata 8	Kata 9	Sparring 10
Mother's Day 12	Bo basics and Kata 13	Guest instructor SHIHAN RENE VILLAR 6:45, 7:30, 8:30 14	Sai basics and Kata 15	Tonfa basics and Kata 16	DOJO CLOSED Victoria Day Long weeknd 17	DOJO CLOSED Victoria Day Long weeknd 18
	DOJO CLOSED Victoria Day 19	Go Back in Karate history w/ SHIHAN MANALO 7:30pm 20	SPAR A SENSEI 21	Women's Self-defence & Sushi and treats with RENSHI KIM 8:30-9:15pm 22	Tag team sparring 23	Jump / flying kicks 24
	Glow n' Go Cardio Combat® for kids - 7pm Wear workout clothes 26	Adult conditioning 27	REVIEW DAY Adult Grading 8pm 28	Monthly coloured belt grading NO REGULAR CLASSES 29	Teen special w/ Sensei Jasmine & Pizza and treats 7-8pm. Register today, limited spots available 30	31



Always bring your sparring gear to class!

"All of our dreams can come true, if only we have the courage to pursue them." -- Walt Disney