



JUNE 2019

Don Mills

FATHER'S DAY MONTH: Fathers train for FREE for the whole month during your child's class or any Adult Novice class. Gym attire recommended.

SUN MON TUE WED THU FRI SAT



Camp Black Belt - 7 weeks of FUN!
Register online at www.nksdonmills.com/campblackbelt

Super Sweaty Saturday
Push yourself
"PERSONAL BEST" **1**

<p>MAS: Kobudo w/ Shihan Lewis</p> <p>PreMAS/MAS: Breakfalls & conditioning 3</p>	<p>MAS: Kobudo w/ short weapons</p> <p>PreMAS/MAS: Spin, skip, and jump kicks 4</p>	<p>PreMAS/MAS: Spin, skip, and jump kicks</p> <p>PreMAS/MAS: Kata rhythm & timing 5</p>	<p>PreMAS/MAS: Kata rhythm & timing</p> <p>MAS: 2 on 1 sparring 6</p>	<p>Focusing on counters w/ RENSHI VAN SLUYTMAN Youth/Adult evening class only</p> <p>MAS: 2 on 1 sparring 7</p>	<p>PreMAS: Int. Kata cadence MAS: Drilling adv Kata sections & Bunkai</p>	
<p>Black Belt Ceremony at York U Classes from 12pm cancelled to celebrate our newest Black Belts</p>	<p>BBM: Drilling Heian kata sections & drills for conditioning 10</p>	<p>BBM: Point sparring drills 11</p>	<p>Novice: Pound the pads 12</p>	<p>BBM: Self-defence day 14</p>	<p>Staff/MVP training w/ KYOSHI WALSH 3:30-5pm Conditioning exercises to optimize your Karate 15</p>	
<p>Wear a T-shirt Day Happy Father's Day 16</p>	<p>Silent dojo - Ssh! No talking! Just karate 18</p>	<p>Kicks & stances 18</p>	<p>MAS: Ground work 19</p>	<p>Sharpen your kata w/ RENSHI MUKAI Youth/Adult evening class only 20</p>	<p>One-step sparring drills 21</p>	<p>Japanese terminology 22</p>
<p>Review Day 23</p>	<p>KYOSHI'S Monday night special 7:45pm class only 24</p>	<p>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 25</p>	<p>MAS: Filipino Martial Arts w/ SHIHAN VILLAR 7:45pm class only 26</p>	<p>BBM/MAS: Sparring kicks & counter drills 27</p>	<p>Kata - Migi & Hidari 28</p>	<p>Super sparring Saturday 29</p>
<p>Focus on technique 30</p>	<p>PLEASE DOWNLOAD OUR APP! NKS-Don Mills Kata / Self-defence / Syllabus / Schedule / Calendar / and more!</p>					



Follow us on Instagram: NKSDM

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