



JUNE 2019 Willowdale

FATHER'S DAY SPECIAL -- With Shihan Manalo, Tuesday June 18. Karate, conditioning & BJJ specialist, a true martial artist. Come train and get social with one of NKS' best. Limited space, register online!

TEEN SPECIAL CLASS -- With Sensei Jasmine! Come train, then hang out and socialize, request a song, and have some treats!

SUN MON TUE WED THU FRI SAT

Always bring your sparring gear to class!

Camp Black Belt®
Preview
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DOJO CLOSED	STRIPE WEEK		STRIPE WEEK		STRIPE WEEK		TEEN SPECIAL w/ Sensei Jasmine limited spots available	STRIPE WEEK
	Self-defence	Self-defence	Kata	Kata	Sparring	Sparring		
Black Belt Ceremony @ York U	2	3	4	5	6	7	8	
	Flips & falls	Bunkai	Spar a Sensei	Obstacle course training - "Jump higher get stronger get faster"	Pulling Guard	Student Appreciation Coffee/tea/treats! Parents hold the pads!		
Wear your NKS merch day (or a tshirt)	9	10	11	12	13	14	15	
		Sparring Special w/ SHIHAN MANALO	Weapons sparring	Parents get off the chairs! Hold the pads	Shrimping	Father's Day Special 1-2pm		
Glow n' Go Cardio Combat® for kids - 7pm Wear workout clothes	16	17	18	19	20	21	22	
		Bar room brawl	REVIEW DAY	Monthly coloured belt grading NO REGULAR CLASSES	Special schedule	DOJO CLOSED		
	23	24	25	26	27	28	29	
		Adult Grading 8-9pm						

"Don't watch the clock; do what it does. Keep going." -- Sam Levenson