



SEPTEMBER 2019

Don Mills



BRING A BUDDY TO CLASS --
Have a friend train with you for FREE during your regular classes!



Colour Belt Exam Attendees:

Please bring a donation of non-perishable food to support the Blue Door Shelters. They provide no-fee support for homeless families, men, women and youth. Thank-you for caring!

SUN	MON	TUE	WED	THU	FRI	SAT
DOJO CLOSED 1	DOJO CLOSED 2	MAS: Grappling self-defence 3	Kata sections 4	Pads, pads, and more pads 5	Silent dojo 6	Circuit training 7
NOVICE/BBM MAS: Reverse & Migi kata 8	NOVICE/BBM PreMAS/MAS: Weapons self-defence 9	NOVICE/BBM MAS: Kobudo drills 10	NOVICE/BBM Advanced sparring drills 11	NOVICE/BBM Drilling advanced kata sections 12	NOVICE/BBM Take-down drills and grappling 13	NO Advanced kicking drills 14
NOVICE/BBM NOVICE: Breakfalls BBM: Rolls 15	NOVICE/BBM Kata sections 16	NOVICE/BBM BBM: Continuous focus pad drills 17	NOVICE/BBM NOVICE: Perfect kata 18	NOVICE/BBM BBM: Sparring fundamentals 19	NOVICE/BBM Perfect basics 20	NO Shodan & Nidan Prep w/ RENSHI MARKLE 3-4:30pm 21
Kick like a black belt 22	King'/Queen of the hill sparring 23	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 EVENING CLASSES, LUNCH CLASSES AS SCHEDULED 24	Stick self-defence 25	Tournament kata 26	Cardio day 27	PreMAS & MAS: Knife drills w/ SENSEI DAMIEN 28
Advanced Self-defence w/ SHIHAN LEWIS 29	KYOSHI'S Monday Night Special 7:45pm class only 30					



PLEASE DOWNLOAD OUR APP!
NKS-Don Mills

Kata / Self-defence / Syllabus / Schedule / Calendar / and more!



Follow us on Instagram at NKSDM

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