



OCTOBER 2019

Don Mills

October is **BREAST CANCER AWARENESS MONTH**

PA DAY CAMP - October 11th - Registration online - www.nksdonmills.com/padaycamp

Thanksgiving long weekend - DOJO CLOSED - 13th & 14th

SUN

MON

TUE

WED

THU

FRI

SAT

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!

S
Circle self-defence
1

K
Learn sections from your next level Kata
2

S
MAS: Free style self-defence
3

K
Backwards Kata day
4

S
Continuous pad drills
Shodan & Nidan Prep w/ **RENSHI MARKLE**
3-4:30pm
5



K
PreMAS/MAS: Nunchaku seminar w/ **SENSEI GURKARAN**
6

S
Advanced focus pad drills
7

K
Focusing your long weapon katas
8

S
Boxing style sparring
9

K
PreMAS/MAS: Working your short weapons
10

S
PreMAS: Bo kumite
MAS: Weapon self-defence
11

K
Jump, skip, spin kicks w/ **SENSEI DAMIEN**
12



DOJO CLOSED
Thanksgiving long weekend
13

DOJO CLOSED
Thanksgiving long weekend
14

S
PreMAS/MAS: Sparring - Scoring with kicks
15

K
Be a Sensei Day
16

S
Novice: Break falls
BBM: Rolls
17

K
BBM: Intro to migi Kata
18

S
Shodan & Nidan Prep w/ **RENSHI MARKLE**
3-4:30pm
Novice: Intro to wrist locks and arm bars
19

K
Drilling Kata sections
20

S
Kata Bunkai
21

K
Timing in Kata
22

S
Sparring basics
23

K
Silent dojo
24

S
Upper body conditioning drills
25

K
Japanese terminology
26

S
Pressure Points w/ **SHIHAN LEWIS**
27

K
KYOSHI'S Monday Night Special
Wear your Halloween costume to class!
28

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
29

K
Focus on Kihon
30

S
Lower body conditioning drills
31



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.