



NKS Markham October News

Our GYM Is Open For Business!

We are so excited to announce that we are finally able to open our gym for both student and parent/guardian use!

Students can use the gym free of charge as part of their karate memberships.



Parents/Guardians are welcome to sign up for a gym membership. The introductory cost is \$10 per month per member.



Extra Covid protocol will be in place for anyone wishing to use the gym. All members (regardless of age) will need to be fully vaccinated. All Covid rules must be adhered to.



Gym members will be in LIMITED SUPPLY. Memberships will be sold on a first-come, first-serve basis.

**“Double, double toil and trouble;
Fire burn, and cauldron bubble.”**

~ William Shakespeare
from *MacBeth*

Students are welcome to wear their Halloween costumes to class on Saturday, October 30th.

MON	TUE	WED	THU	FRI	SAT	SUN
				1 FIX THOSE TERRIFYING BASICS	2 REQUIRED KATA	3
4 REQUIRED KATA	5 BELT TESTING * NO REGULAR CLASSES *	6 REQUIRED KATA	7 NUNCHAKU TRAINING	8 REQUIRED KATA	9 DOJO CLOSED FOR THANKSGIVING	10
11 DOJO CLOSED FOR THANKSGIVING	12 REQUIRED KATA	13 DROP DEAD PUSH-UP CHALLENGE	14 REQUIRED KATA	15 FRIGHTNING FITNESS TEST FRIDAY	16 REQUIRED KATA	17
18 REQUIRED KATA	19 SPOOKY SLOW KICKS	20 REQUIRED KATA	21 GHOULISH LEG STANCES	22 REQUIRED KATA	23 BOO! BO BASICS	24
25 POWER PUNCH	26 REQUIRED KATA	27 GHOSTLY SHADOW BOXING DRILLS	28 REQUIRED KATA	29 ORANGE YOU GLAD IT'S NOT MONDAY	30 WEAR YOUR HALLOWEEN COSTUME TO CLASS!	31 HAPPY HALLOWEEN!!!

2021

Stripe Week
For All
Students



905.475.0044

