



NKS Markham October News

Family ONLY Self-Defense

• Saturday, October 17th

This class is a great opportunity for anyone looking to finally practice some self-defense, Covid-style!

Any student looking to participate can use a family member (who doesn't have to be a member) to practice with during class. Please note that students who don't have a family member present will not be able to participate in this way.



The gym and the changerooms remain closed at this time. We are working on re-opening these areas safely.



Our instructors continue doing in-dojo as well as virtual belt evaluations on a regular basis to make sure that students who are eligible for belt testing have the opportunity to test, regardless of how they are attending class.



Students are welcome to wear their Halloween costumes to class on Saturday, October 31st.

“Fight for the things that you care about, but do it in a way that will lead others to join you.”

~ Ruth Bader Ginsburg

*All classes taught in dojo and online

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

Stripe Week For All Students



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