



2024 SEPTEMBER

DUNDAS NEWSLETTER



SUN	MON	TUE	WED	THUR	FRI	SAT				
<table border="1"> <tr><td>Self Defense</td></tr> <tr><td>Pattern Sparring</td></tr> <tr><td>B-Kick B-Hand</td></tr> <tr><td>A-Basic B-Punch</td></tr> </table>	Self Defense	Pattern Sparring	B-Kick B-Hand	A-Basic B-Punch	2 Happy LABOUR day	3	4	5	6	7 BACK TO School Party
Self Defense										
Pattern Sparring										
B-Kick B-Hand										
A-Basic B-Punch										
KICKING (White to Yellow) & SPARRING WEEK (Green str. and up)										
8	9	10	11	12	13	14				
15	16	17	18	19	20	21				
22	23	24	25	26	27 Teens/Adults Belt Test	28 133rd Colour Belt Test				
Stripe Week / Testing Review Week										
28	30 133rd Belt Presentation Jr. Yellow + Adults classes are cancelled	1	2	3	4	5				

KICKING & SPARRING WEEK

TUE, SEP 03– FRI, SEP 07
 (Green St & Up, Must bring gear)

BACK TO SCHOOL PARTY

SAT, SEP 7 @ 2:30PM - 4:00PM
 Admission is \$30 per student, or **FREE** if you bring a friend that is currently NOT a student with us!

LABOUR DAY SCHOOL CLOSURE

MON, SEPTEMBER 2
 (No makeup class for holiday closure)

133rd COLOUR BELT TESTING

TEENS & ADULTS	FRI, SEP 27 @ 8:30 PM
TIGER TOTS	SAT, SEP 28 @ 1:45 PM
Jr. WHITE & YELLOW	SAT, SEP 28 @ 2:30 PM
Jr. GREEN ST & GREEN	SAT, SEP 28 @ 3:30 PM
Jr. BLUE ST & UP	SAT, SEP 28 @ 4:30 PM

133rd BELT PRESENTATION

MONDAY, SEPTEMBER 30
5:30 PM – 7:00 PM

- * Receiving new belts, certificates and awards
- * Please wear a full white uniform and current belt

(No Classes for Jr. YELLOW & UP, TEENS & ADULTS)