

SUN	MON	TUE	WED	THU	FRI	SAT
Self-Defense	28	29	30	31	1	2 BB Seminar 4 Black Belt Test
Pattern Sparring						
B-Kick B-Hand						
A-Basic B-Punch						
3	4	5	6	7	8 134 th Teens & Adults Belt Test	9 134 th Colour Belt Test
10 Toronto Open Preparation Training	11 Belt Presentation	12	13	14	15	16
17 Toronto Open	18	19	20	21	22	23
KICKING (White to Yellow) & SPARRING WEEK (Green St & Up)						
24	25	26	27	28	29	30

22nd BLACK BELT TEST

SATURDAY, NOV 2

3:30 PM – 6:30 PM

- Candidates must attend ALL seminars
- Everyone is welcome to watch

SPARRING WEEK

MON, NOV 18 – SAT, NOV 23

- Green St & Up must bring Sparring Gear
- Please arrive 15 minutes earlier

FULL UNIFORM

To maintain the integrity and structure of our school, please wear your **FULL WHITE UNIFORM** during class from **NOVEMBER** to **APRIL**.

134th COLOUR BELT TEST

SATURDAY, NOV 9

TIGER TOTS & JR WHITE – 2:15 PM

JR YELLOW ST & YELLOW – 3:15 PM

JR GREEN ST & UP – 4:15 PM

FRIDAY, NOV 8

TEENS & ADULTS – 8:45 PM

134th BELT CEREMONY

MONDAY, NOV 11

5:45 PM – 7:15 PM

- Receiving new belts, certificates, and awards
- Please wear your full uniform and current belt
- **NO Classes for Jr. Yellow & Up, Teens & Adults**