



# NORTHERN KARATE SCHOOLS



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**Effective:  
September 4, 2018**

| <b>MONDAY</b>   | <b>TUESDAY</b>  | <b>WEDNESDAY</b>                                      | <b>THURSDAY</b>                                       | <b>FRIDAY</b>   |
|---|---|---|---|---|
| <u>Kids Classes</u>                                   | <u>Kids Classes</u>                                   | <u>Kids Classes</u>                                   | <u>Kids Classes</u>                                   | <u>Kids Classes</u>                                   |
| NOVICE<br>Ages 4 to 6<br>4:25 - 4:55 pm               | BBM<br>All Belts / All Ages<br>4:25 - 5:00 pm         | NOVICE<br>Ages 4 to 6<br>4:25 - 4:55 pm               | BBM<br>All Belts / All Ages<br>4:25 - 5:00 pm         | PRE-MASTERS<br>Purple & Purple Adv.<br>4:25 - 5:00 pm |
| NOVICE<br>Ages 7 & Up<br>4:55 - 5:25 pm               | NOVICE<br>Ages 4 to 6<br>5:00 - 5:30 pm               | NOVICE<br>Ages 7 & Up<br>4:55 - 5:25 pm               | NOVICE<br>Ages 4 to 6<br>5:00 - 5:30 pm               | MASTERS<br>Brown/Brown Adv/Black<br>5:00 - 5:35 pm    |
| BBM<br>All Belts / All Ages<br>5:25 - 6:00 pm         | PRE-MASTERS<br>Purple & Purple Adv.<br>5:30 - 6:05 pm | BBM<br>All Belts / All Ages<br>5:25 - 6:00 pm         | PRE-MASTERS<br>Purple & Purple Adv.<br>5:30 - 6:05 pm | NOVICE<br>Ages 4 to 6<br>5:35 - 6:05 pm               |
| BBM<br>Ages 4 to 7<br>6:00 - 6:35 pm                  | MASTERS<br>Brown/Brown Adv/Black<br>6:05 - 6:40 pm    | BBM<br>Ages 4 to 7<br>6:00 - 6:35 pm                  | MASTERS<br>Brown/Brown Adv/Black<br>6:05 - 6:40 pm    | BBM<br>All Belts / All Ages<br>6:05 - 6:40 pm         |
| BBM<br>Ages 8 & Up<br>6:35 - 7:10 pm                  | NOVICE<br>Ages 7 & Up<br>6:40 - 7:10 pm               | BBM<br>Ages 8 & Up<br>6:35 - 7:10 pm                  | NOVICE<br>Ages 7 & Up<br>6:40 - 7:10 pm               | NOVICE<br>Ages 7 & Up<br>6:40 - 7:10 pm               |
| PRE-MASTERS<br>Purple & Purple Adv.<br>7:10 - 7:45 pm | BBM<br>Ages 4 to 7<br>7:10 - 7:45 pm                  | PRE-MASTERS<br>Purple & Purple Adv.<br>7:10 - 7:45 pm | BBM<br>Ages 4 to 7<br>7:10 - 7:45 pm                  | BBM<br>Ages 4 to 7<br>7:10 - 7:45 pm                  |
| MASTERS<br>Brown/Brown Adv/Black<br>7:45 - 8:20 pm    | BBM<br>Ages 8 & Up<br>7:45 - 8:20 pm                  | MASTERS<br>Brown/Brown Adv/Black<br>7:45 - 8:20 pm    | BBM<br>Ages 8 & Up<br>7:45 - 8:20 pm                  | BBM<br>Ages 8 & Up<br>7:45 - 8:20 pm                  |
| <u>Adult Classes</u>                                  | <u>Adult Classes</u>                                  | <u>Adult Classes</u>                                  | <u>Adult Classes</u>                                  | <u>Adult Classes</u>                                  |
| NOVICE<br>8:20 - 9:00 pm                              | NOVICE<br>8:20 - 9:00 pm                              | NOVICE<br>8:20 - 9:00 pm                              | NOVICE<br>8:20 - 9:00 pm                              | NOVICE<br>8:20 - 9:00 pm                              |
| BBM<br>8:20 - 9:20 pm                                 | BBM<br>8:20 - 9:20 pm                                 | BBM<br>8:20 - 9:20 pm                                 | BBM<br>8:20 - 9:20 pm                                 | BBM<br>8:20 - 9:20 pm                                 |
| PRE-MASTERS/MASTERS<br>EXTENSION<br>8:20 - 9:40 pm    | PRE-MASTERS/MASTERS<br>EXTENSION<br>8:20 - 9:40 pm    | PRE-MASTERS/MASTERS<br>EXTENSION<br>8:20 - 9:40 pm    | PRE-MASTERS/MASTERS<br>EXTENSION<br>8:20 - 9:40 pm    | PRE-MASTERS/MASTERS<br>EXTENSION<br>8:20 - 9:40 pm    |

| <b>SATURDAY</b>   |
|---|
| <u>Kids Classes</u>                                     |
| NOVICE<br>Ages 4 to 6<br>9:00 - 9:30 am                 |
| NOVICE<br>Ages 7 & Up<br>9:30 - 10:00 am                |
| BBM<br>All Belts / All Ages<br>10:00 - 10:35 am         |
| PRE-MASTERS<br>Purple & Purple Adv.<br>10:35 - 11:10 am |
| MASTERS<br>Brown/Brown Adv/Black<br>11:10 - 11:45 am    |

The Dojo is Closed on Sundays

| <u>Adult Classes</u>                                   |
|--|
| NOVICE<br>11:45 am - 12:25 pm                          |
| BBM<br>11:45 am - 12:45 pm                             |
| PRE-MASTERS/MASTERS<br>EXTENSION<br>11:45 am - 1:05 pm |

## CURRENT



### Dojo Etiquette

- Parents and visitors must keep conversations to a minimum and speak softly to avoid distracting the teachers and students. All children in the viewing area MUST be supervised by an adult.
- **NO CELL PHONES**
- Teachers should be called by their teaching title: Sensei, Renshi, Shihan or Kyoshi.
- Bow (rei) before entering the dojo
- Arrive 5-10 minutes prior to your class and sign in. If you are late, wait and the teacher will admit you when it is safe to do so. If you are 10 minutes late you will not be allowed to participate in the class.
- Shoes/boots/coats must be placed in the cubbies provided. Bags should be placed in their designated area.
- No food/drink on the dojo floor. Water bottles are permitted.
- Parents are responsible for their children outside of their class times and in the viewing area. Please be prompt in picking them up after class!
- Parents are advised to bring their child already changed for class. No boys in the women's change room and vice versa.
- Uniforms must be clean, odour-free and in good repair with a school crest affixed to the left side.

LAST WEDNESDAY OF EACH MONTH IS A GRADING DAY. ALL REGULAR CLASSES ARE CANCELLED

Please bring your Sparring Gear & your Weapons to EVERY class!

[www.northernkarate.com](http://www.northernkarate.com)

Northern Karate Ajax

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### STARS

You can earn a "Personal Best Star Award" when you achieve all 7 of our individual stars:

- Attendance, Conduct,
- Service, Spirit, Leadership,
- Academics & Grading Exam!



### STUDENT CREED

I promise to become the best possible person I can be.

With honesty in my heart, confidence in my mind, and strength in my body.

I will achieve excellence, and share it with others.

What is your goal?  
Black Belt Excellence!

What is your Quest?  
Personal Best!!!