

EFFECTIVE: November 1st, 2018

# NORTHERN KARATE SCHOOLS - STEELES WEST

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 12:45 Adult - All Belts BBM/Pre/Master con't to 1:00		12:00 - 12:45 Adult - All Belts BBM/Pre/Master con't to 1:00		12:00 - 12:45 Adult - All Belts BBM/Pre/Master con't to 1:00	9:00 - 10:00 Striking Class	
4:30 - 5:15 Junior Pre-Masters and Masters		4:30 - 5:05 Children BBM Yellow / Orange	4:30 - 5:05 Children BBM Yellow / Orange	4:30 - 5:15 Junior Pre-Masters and Masters	10:00 - 10:30 Children Novice	10:00 - 10:30 Children Novice
5:15 - 5:50 Children BBM Yellow / Orange	5:00 - 5:30 Children Novice	5:05 - 5:45 Children BBM Green to Adv. Blue	5:05 - 5:45 Children BBM Green to Adv. Blue	5:15 - 6:00 Children BBM	10:30 - 11:15 Children BBM	10:30 - 11:15 Children BBM
5:50 - 6:30 Children BBM Green to Adv. Blue	5:30 - 6:15 Children BBM	5:45 - 6:30 Junior Pre-Masters and Masters	5:45 - 6:30 Junior Pre-Masters and Masters	6:00 - 6:30 Children Novice	11:15 - 12:00 Junior Pre-Masters and Masters	11:15 - 12:00 Junior Pre-Masters and Masters
6:30 - 7:00 Children Novice	6:15 - 7:00 Junior Pre-Masters and Masters	6:30 - 7:00 Children Novice	6:30 - 7:00 Children Novice	6:30 - 7:15 Adult Novice, BBM and Pre-Masters	12:00 - 12:45 Black Belt + Curriculum Class	12:00 - 1:00 Adult Novice, BBM, Pre-Masters and Masters
7:00 - 7:45 Adult Novice, BBM and Pre -Masters	7:00 - 7:45 Adult Novice, BBM and Pre-Masters	7:00 - 7:45 Adult Novice, BBM and Pre-Masters	7:00 - 7:45 Adult Novice, BBM and Pre-Masters	7:15 - 8:00 Adult Masters	12:45 - 1:30 Adult Novice, BBM, Pre-Masters and Masters	
7:45 - 8:45 Adult Masters	7:45 - 8:45 Adult Masters	7:45 - 8:30 Cardio Combat Class	7:45 - 8:30 Adult Masters	8:00 - 8:45 Cardio Combat Class		
8:45 - 9:00 Black Belt + E.H. Curriculum	8:45 - 9:00 Black Belt + Kobudo Curriculum	8:30 - 9:15 Adult Masters Weapons Class	8:30 - 9:00 Black Belt + Curriculum Class			

\*\*\*PLEASE NOTE\*\*\*: Examinations are conducted the last Saturday of every month by invitation - ALL CLASSES are CANCELLED

Novice= Novice Program Members

BBM = Black Belt Members

Junior Pre-Masters & Masters = 12 yrs and under

**BASIC RULES and ETIQUETTE:**

- Attend 2-3 classes per week and practice at home for regular promotion.  
Arrive 5 - 10 minutes prior to your class and quietly prepare yourself at back of class.
- Remove your shoes upon entering the school and place them in storage units.  
Sign-in on attendance computer. Store coats and bags in change room.
- Keep uniforms neat, clean, odour-free and in good repair.  
Affix appropriate Northern Karate School program crest to all uniforms.
- No student or guest is permitted in the office unless authorized by a staff member.
- For safety purposes, all jewelry should be removed while training.
- No food or beverages are permitted beyond the tiled reception area, except water.
- All children on the stairs and the upper viewing area must be supervised by an adult.

**N.K.S. Student Creed**

I promise to become the best possible person I can be.  
With honesty in my heart.  
Confidence in my mind.  
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!**