

# DECEMBER

# Northern Karate School – Aurora

905-726-8886

15420 Bayview Ave., Aurora ON

aurora@northernkarate.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>CP24 CHUM</b> <b>Christmas Toy Drive</b> Our annual Holiday Toy Drive. all NKS families are encouraged to donate a new, unwrapped toy for kids in need!			<b>OPEN PRACTICE</b> Dec 27 and Jan 3 5-6pm 12 & under 6-7pm teens & Adults 7-8 pm Spar-a-fun		1  Masters: <b>Random Self Defense</b>
3	4	5	6	7	8
<h2 style="color: red;">Stripe week</h2>					
Stance	Self Defense	Kicks	Focus Pad	Sparring	Bo Basics Masters: Bo vs Bo
10 Pad Pounding Monday	11 Flow Drill Tuesday	12 Point Sparring 	13 Wall Defense	14 Team Kata Challenge	15 Super Kicks w/ Sensei Silas
17 Glow Stick BUDO BLISS® w/ Sensei Victoria	18  Team Sparring	19 Last Grading of 2018 Regular classes cancelled	20 Ground Defense	21 Festive Sweater Day Adult JU NEN KAI	22 Last Class of 2018

Happy, Healthy and Peaceful Holidays to all of you from your NKS family!!!

For the Month of December Parents Train for Free (Adult classes and Family class only) Dec 23-Jan 6 Dojo will be closed for the Holidays & Dojo Maintenance Classes resumes Jan. 7

Northern Karate Schools Aurora  
Northern Karate Aurora



NKSAurora



Everyone is invited to come watch Northern Karate Schools

# BLACK BELT GRADUATION 2018

December 9, 2018, 2pm York University Tait McKenzie Gym

Congratulations to our new

## **SANDAN** 3<sup>rd</sup> degree Black Belts

Sensei Lauren Paonessa

Sensei Nadia Trozzo

John Paonessa

## **NIDAN** 2<sup>nd</sup> Degree Black Belt

Emily Atangan

Ethan Atangan

Kyle Cheah

Matteo Trozzo

Kaida Cheah

Jessica Bradley

Arman Mahdavi

## **SHODAN-HO** Provisionary 1<sup>st</sup> Degree Black Belts

Mehrshad Agha-Miri

Arvin Askari

Sahand Kohan

Rhea Manek

Rishit Mehley

Helen Shlensky

Dorsa Vanaki

Tiam Vanaki

Kayla Vesik

Michael Yozov

### **Black Belt Special Training & Certificate Presentation**

All Black belts & guests are invited to join us for  
A celebration of Black Belt Spirit & Commitment

December 21 at 7:45pm -9:00pm



You are never too old to  
set another goal or to  
dream a new dream.

--- C.S. LEWIS