



# Northern KARATE

ROOTED IN TRADITION SHAPING THE FUTURE

Scarboro  
2969 Kingston Road  
info@nksscarboro.com -  
416 294 7535

## DECEMBER 2018 - HAPPY HOLIDAYS

- Parents Night Out on December 15th - Please register online at [www.nksscarboro.com/parentsnightout](http://www.nksscarboro.com/parentsnightout)
- School is closed from December 19th and will reopen December 27th.
- Modified schedule for December 27 and 28 - Only classes between 6pm and 9pm are offered.
- December colour belt exam is on Saturday December 29 from 10 am until 11:30 am. 1 pm class is maintained.

TUE	WED	THU	FRI	SAT
				K Kihon 1
S Pad work - Esquive 4	K Basics With Your Partner 5	S Break-Falls and Take Down 6	K Bunkai 7	S Large Pad Work 8
K Kata Migi 11	S Sparring Drills 12	K Work Your Stances Kobudo (MAS) 13	S Conditioning 14	K <b>PARENTS NIGHT OUT 6PM - 9PM</b> Improve Your Kicks 15
S Circuit Training 18	DOJO CLOSED			S 19
K CHRISTMAS and BOXING DAY DOJO CLOSED 25	S 26	K Review Your kata 27	S Review Your Self-Defence 28	S Colour Belt Grading No Regular Classes 29

**Holiday modified schedule** Only regular classes from 6pm until 9pm are offered.



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