

December 2018

Northern Karate School

3883 Rutherford Rd, Woodbridge Ont., L4L 9R8

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www.northernkarateschools.com



SAT



Sparring Days:
Wed. Dec. 12 (BBM/Pre/Mas)
Mon. Dec. 17 (BBM/Pre/Mas)

Tues. Dec. 11 is
Cardio Combat® with
Sensei Luke and Ivo
Kids Pre/Mas: 7:10-7:55pm
All Adults: 7:55-8:55pm
Come train in your workout
gear. We will be training
kata in all other kids
classes.

Thurs. Dec. 13 is
Budo Bliss® with
Renshi Lucy for the
Adult class only
Come train in your workout
gear.

Sat. Dec. 15 we will be
conducting Karate Kids
Graduations.
The following will be the
modified class times:
Kids Novice:12:00-12:30pm
Kids BBM:12:30-1:00pm
Kids Pre/Mas:1:00-1:30pm
All Adults:1:30-2:15pm
All classes will be intense
Kata review classes

Thurs. Dec. 20 we will be
conducting Colour Belt
exams
Kids White - Orange
5:15-6:30pm

Kids Green & Up
(Sparring Gear Required)
6:30 - 7:45pm

All Adults:
(Sparring Gear Required)
7:45 - 8:45pm



SUN MON TUES WED THUR FRI

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|--|---|---|---|---|---------------------|--|
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | | | | | | |
| Stripe Week Prep Class | Novice/BBM/Pre/Masters Stripe Week | | | | | |
| | Black Belts: Kata | Black Belts: S.D. | Black Belts: Tonfa | Black Belts: Kama | Black Belts: Sai | Black Belts: Nunchaku |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | | | | | | |
| Bo/Sai/Tonfa Weapons Training (BBM/Pre/Mas) Black Belt Graduation | Escapes | Cardio Combat® with Sensei Luke & Ivo Kids Pre/Mas: 7:10-7:55pm All Adults: 7:55-8:55pm Kata in all other kids classes | Sparring Point Sparring Matches Sparring Gear Required (BBM/Pre/Mas) | Budo Bliss® with Renshi Lucy Adult Class only Novice/BBM: Basic S.D. Pre/Mas: Sai | Focus Pad Friday | Karate Kids Graduations *Modified Class Times Kids Novice 12:00-12:30pm BBM:12:30-1:00pm Pre/Mas:1:00-1:30pm All Adults:1:30-2:15pm All classes will be intense Kata review classes |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | | | | | | |
| Improve your Ground Game (BBM/Pre/Mas) *Sensei Says in all Kids Classes | Sparring Spar a Sensei All Kids BBM/Pre/Mas Sparring gear is mandatory | Review Day 1 | Review Day 2 | Colour Belt Exam All classes cancelled | S.D. & Kick Shields | Kata & Circuit Training Last day of Regular Classes |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| Happy Holidays Dojo Closed | | | Happy Holidays Dojo Closed | | | |
| 30 | 31 | Happy Holidays Dojo Closed | | | | |
| Happy Holidays - The Dojo will be closed from Sun. Dec. 23rd to Fri. Jan 4th. Regular classes resume Sat. Jan. 5, 2019. | | | | | | |

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