

January 2019

Northern Karate School
 3883 Rutherford Rd, Woodbridge Ont., L4L 9R8
 905-265-7777, Rutherford@northernkarate.com
 www.northernkarateschools.com



Sat. Jan. 5 regular classes resume.
 Happy New Year!



Sparring Days:
 Jan. 8 (Pre/Mas)
 Jan.19 (BBM)
 Jan.25 (BBM/Pre/Mas)
 Remember to bring your sparring gear.

Jan. 27 modified class times:
 Novice:11-11:30am
 BBM: 11:30-12:15pm
 Pre/Mas:12:15-1:15pm
 All Adults:1:15-2:15pm



Jan.30 Kids Colour Belt Exams:

White-Orange: 5:15-6:30pm

Green & Up: 6:45-8:00pm
 (Sparring Gear Required)

Jan. 31 Guest instructor
 Kyoshi Moscone
 See Flyer for modified class times

TUES

WED






















THUR

FRI

SAT

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| 1  | 2 | 3 | 4 | 5 Back to Basics Kata & S.D. Review Regular Classes Resume |
| Happy New Year Dojo closed | | | | |

SUN MON

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|---|--|---|---|--|---|--|
| 6 Kata Review in all Classes | 7  | 8  | 9 Black Belts: Tonfa | 10  | 11 Black Belts: Oar | 12  |
| Novice/BBM Stripe Week | | | | | | |
| 13 Novice/BBM: Self Defense Review | 14  | 15  | 16  | 17  | 18  | 19  |
| Pre/Masters Stripe Week | | | | | | |
| Pre/Mas: Stripe Week Prep Class  | Novice/BBM: Escapes | Novice/BBM: Kata | Novice/BBM: Power Pads | Novice/BBM: Self Defense | Novice/BBM: Improve your Kicks | BBM: Sparring |
| 20  Weapons BBM: Basics Pre/Mas: Kata | 21  Stick Defense (Kids BBM/Pre/Mas)  Knife Defense (Adult BBM/Pre/Mas) | 22 Cardio Combat® with Sensei Luke & Marcela Kids Pre/Mas: 7:10-7:55pm All Adults: 7:55-8:55pm | 23  Ground Defense Improve your Ground Game (BBM/Pre/Mas) | 24 Kata Learn part of your next Kata | 25  Sparring Point Sparring Matches (BBM/Pre/Mas) | 26 Karate Training Stations |
| 27 Karate Kids Graduations Modified Class Times Kids Novice:11:00-11:30am Kids BBM:11:30-12:15pm Kids Pre/Mas:12:15-1:15pm All Adults:1:15-2:15pm All classes will be kata & S.D. review classes | 28  Review Day 1 | 29  Review Day 2 Adult Colour Belt Exam: 7:55-8:55pm | 30 Colour Belt Exams  All classes cancelled | 31 Special Guest Instructor Kyoshi Moscone See flyer for class times |   | |