



# 2019



## HAPPY NEW YEAR

### YEAR OF THE PIG

猪

猪

# NORTHERN KARATE SCHOOL – AURORA

## January

January and February are Family and Friends Months at Northern Karate Schools. Share the Gift of Martial Arts.

Students who refer someone to the dojo will receive a Karate Swag bag! Invite your family and friends to participate in any of our Kids Novice, Adult all Belts or Family classes during January and February – and help them kick-start their New Year's Resolutions!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 Welcome Back <b>KICKING it up a Notch In 2019</b>	8 Masters: SHORT WEAPONS	9 Small Pad Combos	10 Stamina Sparring 	11 <b>Budo Bliss® w/ Sensei Victoria</b>	12 Basic Self Defense
<b>Stripe week</b>					18 19 Point Sparring 
21 Better Kicks w/ Sensei Lauren	22 Masters: LONG WEAPONS	23 Team Sparring 	24 Taking it to the Ground	25 Basic Nunchaku	26 <b>Breakfalls &amp; Rolls w/ Sensei Silas</b>
28 Terminology Day	29 <b>SHIHAN's Masters Special</b>	30 <b>Grading Night</b> Regular Kids classes cancelled Adult all belt 7:30pm	31 Superhero Sparring Wear your Superhero t-shirt 	"A dream written down with a date becomes a goal. A goal broken down into steps becomes a plan. A plan backed by action becomes reality." — Unknown	

January and February is Family and Friends Months  
 Extend the Gift Giving Season

Share Fun, Fitness + New skills with Loved ones.






A Family that Kicks Together...  
 Sticks Together..

Because of today's hectic schedules, many parents are looking for activities that allow the entire family to spend time together while learning and having fun. A unique opportunity at Northern Karate is the chance to attend Family classes together and individual classes.

Free Classes & Appreciation gifts for NKS Students + Guest while supplies last

**BUDO BLISS®** w/ Sensei Victoria  
 Friday 7:45pm-9:00 pm  
 Bring your friends to sweat with you!!  
 Guest Welcome, No Gi Required

Reminders:

- Please Follow us For dojo news & updates @NKSAurora Northern Karate Aurora   
- Bring your Sparring Gear on days marked with gloves
- Check Calendar and Dojo TV for calendar of events
- **Grading Night Regular Classes Cancelled**  
 Please double check the Grading time on Grading forms  
 Adult all Belt is 7:30pm

## Camp Black Belt March Break 2019

### March 11-15

2 hours of Karate in the Morning  
 Fun Activity in the Afternoon  
 One week of Camp = one Month of group classes  
 PLUS : Stripe / belt Evaluation  
 Campers bring: uniform, belt, sparring gear, a change of clothes and a peanut free lunch & snack everyday  
 Drop off 8:30-9:00 (early drop off available\*)  
 Pick-up 3:30-4:00 (late pick up available\*)  
 1 week \$299+ tax Or \$60+ tax a day  
**No Martial Art experience Required**  
**Non Members Welcome**

***FUN – FITNESS – FRIENDSHIP - LIFE SKILLS***

Monday	Tuesday	Wednesday	Thursday	Friday
Create your own Tinbe/shield				Personal Best Tournament
				
	MOVIE TIME		Hot chocolate to follow	

- \*Register Online Phone or Email or in the office <https://goo.gl/forms/bXhqN5fVDUWxd0Cu2>
- Pre Registration Discount until February 1 10%OFF