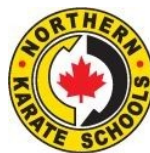


# January 2019



## Northern Karate Schools Maple

225 McNaughton Rd.

Maple, On. L6A 4P5

905-303-5202 maple@northernkarate.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat			
		1	2	3	4	5			
		Happy New Year Dojo Closed					5 <b>Back to Basics Kata &amp; SD Review</b>		
6	7	8	9	10	11	12			
6 <b>Kata Review in all Classes</b>	Novice/BBM Stripe Week						12 <b>Sparring</b> 🥊		
	Masters: Tonfa		Masters: Sai		Masters: Bo			Masters: Kata	
13	14	15	16	17	18	19			
13 <b>Novice/BBM: Hand Pads Masters: Stripe Week Prep</b>	Masters Stripe Week						19 <b>Karate Stations</b>		
	BBM: Kata		BBM: Power Pads		BBM: Self Defense			BBM: Kicking Drills	
20	21	22	23	24	25	26			
20 <b>Jump &amp; Spin Techniques</b>	21 <b>Stick Defense</b> (BBM/Mas) <b>Knife Drills</b> (Adult BBM/Mas)	22 <b>Kids Cardio Combat®</b> w/Sensei David 6:45pm	23 <b>Breakfalls &amp; Takedowns</b>	24 <b>Sparring Drills</b> 🥊	25 <b>Kata Review</b>	26 <b>Self Defence Review</b>			
27	28	29	30	31	<div style="border: 2px solid green; padding: 5px;"> <p><u>January &amp; February</u> are Family &amp; Friends Months at NKS Share the gift of Martial Arts and receive a special gift. See staff for details.</p> </div>				
27 <b>Weapons BBM: Basics Masters: Kata</b>  <i>Black Belt Club!</i>	28 <b>Sparring Counters</b> 🥊	29 <b>Review Day 1</b>	30 <b>Review Day 2</b>	31 <b>Colour Belt Exam</b> All regular classes are cancelled					