

February 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 Throws & Submissions	2 Cardio Conditioning
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Ju Nen Kai Celebration Thursday February 21st 10 to 25 years of dedicated training Awards as well as new Shodan Promotions </div>						
3 Stripe Week Prep Class	4	5	6	7	8 Counter Sparring	9 Speed Drills
<div style="border: 1px solid black; padding: 5px; width: 100%;"> Novice/BBM Stripe Week </div>						
Mas: Bo		Mas: Self Defense		Mas: Sai		Mas: Flow Drills
10 Karate Stations	11	12	13	14	15	16 Spar a Sensei
<div style="border: 1px solid black; padding: 5px; width: 100%;"> Pre/Masters Stripe Week </div>						
BBM: Kata		BBM: Hand Pads		BBM: Power Pads		BBM: Self Defense
BBM: Breakfalls		BBM: Breakfalls		BBM: Breakfalls		BBM: Breakfalls
17 Multiple Opponent Drills	18 Dojo Closed Family Day	19 Children: Kata Adults Budo Bliss® 7:30pm	20 Sparring Footwork	21 Ju Nen Kai Black Belt Awards 8:30pm Regular Class Schedule	22 Masters: Weapons Kata BBM: Intro to Weapons	23 Novice/BBM: Breakfalls Mas: Takedowns
24 Self Defence Grabs/Holds	25 Sparring Combinations	26 Review Day 1	27 Review Day 2	28 Colour Belt Exam All regular classes are cancelled	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Colour Belt Exam Times White - Orange 5pm Green - Brown 6pm All Adults - 7:15pm </div>	