

# Northern Karate Markham

## 2019 Class Schedule ~ effective February 1st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:30 - 1:30 Adult All Belts		12:30 - 1:30 Adult All Belts	<b>NEW</b> 3:40 - 4:10 Kids BBM Ages 7 & Under ONLY	12:30 - 1:30 Adult All Belts	9:00 - 10:00 Adult All Belts
3:40 - 4:10 Kids Novice	3:40 - 4:20 Junior Masters	3:40 - 4:20 Kids BBM	3:40 - 4:10 Kids Novice	3:40 - 4:20 Junior Masters	9:00 - 10:00 Youth & Adult Black Belt
<b>NEW</b> 3:40 - 4:10 Kids BBM Ages 7 & Under ONLY	4:20 - 5:00 Kids BBM	4:20 - 4:50 Kids Novice	4:10 - 4:50 Junior Masters	4:20 - 5:00 Kids BBM	10:00 - 10:40 Kids BBM
4:10 - 4:50 Junior Masters	5:00 - 5:30 Kids Novice	4:50 - 5:30 Junior Masters	4:50 - 5:30 Kids BBM	5:00 - 5:30 Kids Novice	10:40 - 11:10 Kids Novice
4:50 - 5:30 Kids BBM	5:30 - 6:10 Junior Masters	5:30 - 6:10 Kids BBM	5:30 - 6:10 Junior Masters	5:30 - 6:10 Kids BBM	11:10 - 11:50 Junior Masters
5:30 - 6:00 Kids Novice	5:30 - 6:10 Youth Black Belt	6:10 - 6:40 Kids Novice	5:30 - 6:10 Youth Black Belt	6:10 - 6:50 Junior Masters	11:10 - 12:00 Black Belts (18 & Under)
6:10 - 6:50 Kids BBM	5:30 - 6:10 Black Belt Prep	6:50 - 7:30 Junior Masters	5:30 - 6:10 Black Belt Prep	6:10 - 7:00 Youth Black Belt	11:50 - 12:30 Kids BBM
6:50 - 7:30 Junior Masters	6:10 - 6:40 Kids Novice	6:50 - 7:30 Youth Black Belt	6:10 - 6:50 Kids BBM	7:00 - 8:00 Black Belt Prep	12:30 - 1:00 Kids Novice
6:50 - 7:30 Youth Black Belt	6:50 - 7:30 Kids BBM	7:30 - 8:10 Family Class	6:50 - 7:20 Kids Novice	7:00 - 7:45 Adult Novice	1:00 - 2:00 Black Belt Prep
7:30 - 8:10 Family Class	7:30 - 8:30 Adult Nidan & Higher	7:30 - 8:15 Adult Novice	7:30 - 8:30 Adult Nidan & Higher	7:00 - 8:00 Adult BBM & Pre-Masters	
7:30 - 8:15 Adult Novice	8:30 - 9:15 Adult Novice	7:30 - 8:30 Adult BBM & Pre-Masters	8:30 - 9:15 Adult Novice	7:00 - 8:15 Adult Shodan & Higher	
7:30 - 8:30 Adult BBM & Pre-Masters	8:30 - 9:30 Adult BBM	7:30 - 8:45 Adult Shodan & Higher	8:30 - 9:30 Adult BBM		
7:30 - 8:45 Adult Shodan & Higher	8:30 - 9:30 Adult BB Prep		8:30 - 9:30 Adult BB Prep		
	8:30 - 9:30 Adult Shodan		8:30 - 9:30 Adult Shodan		

## DOJO ETIQUETTE

- Arrive 5-10 minutes before your class starts.
- Students, parents and guests **MUST** place their shoes in the cubbies provided.
- Refrain from excessive noise in the viewing area. This is very disruptive to the class and our students.
- Keep all areas of the dojo (including changerooms and bathrooms) tidy. Report any issues to the office or a staff member.
- Keep **all children off the gym equipment** - for everyone's safety.
- **Be courteous while parking.** If you are having problems finding a spot, just ask us and we can give you some parking options.
- Parents are responsible for their children outside of their class times. Please be prompt in picking them up after class. We do not have the means of minding them outside of class time.
- Students must bow before entering and leaving the dojo floor.
- BBM and Masters students are responsible for bringing their equipment (sparring gear, weapons) to each class.
- All students must **come to class dressed in the proper uniform**, and must present a clean appearance (no rips or mis-matched clothing).
- Students looking for extra help can always ask a teacher at the end of class.

## STUDENT CREED

I promise,  
To become,  
The best possible person I can be.

With honesty in my heart,  
Confidence in my mind,  
And strength in my body.

I will achieve excellence,  
And share it with others.

What is your goal?  
**Black Belt Excellence**

What is your quest?  
**Personal Best**

You can look up the schedule and monthly calendar  
any time by visiting [www.nksmarkham.com](http://www.nksmarkham.com)

- Select "**Schedule**" at the top/right of the main page  
and both the schedule and calendar options will appear



## BELT GRADUATION TIMES

(First Tuesday of each Month)

5:30 ~ graduating to the following belts:  
Yellow  
Advanced Yellow

6:15 ~ graduating to the following belts:  
Orange  
Advanced Orange  
Green  
Advanced Green  
Blue

7:00 ~ graduating to the following belts:  
Advanced Blue  
Purple  
Advanced Purple  
Brown  
Advanced Brown

7:30 ~ Adults graduating to:  
**ALL Adult Belt Levels**

