

# February 2019



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

FRI

SAT



Sparring Days:  
 Wed. Feb. 6 (Pre/Mas)  
 Tues. Feb. 12 (BBM)  
 Thurs. Feb.21 (BBM/Pre/Mas)  
 Please bring remember to bring your gear on these days.

SUN MON TUES WED THUR

3 Novice/BBM: Stripe Week Prep Class	4 Black Belts: Tekko	5 Black Belts: Kata Ladder	6 	7 Black Belts: S.D. Ladder	8 	9 <b>Karate Kids Graduations</b> 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
<b>Novice/BBM Stripe Week</b>						
Pre/Mas: Purple Belts: Sai Adv Purple: Tonfa Masters: Bo	Pre/Mas: Heian 1, 3, & 5 Int. S.D. 1-3	Pre/Mas: Bassai Dai Basic S.D. 1-3	Pre/Mas: Sparring	Pre/Mas: Heian 2 & 4 Int. S.D. 4-5	Pre/Mas: Heian 1-5 Basic S.D. 6-10	
10  Novice/BBM: Focus Pads	11 	12 	13 Novice/BBM:	14 	15 	16
<b>Pre/Masters Stripe Week</b>						
Pre/Mas: Stripe Week Prep	Novice/BBM: Curriculum S.D.	BBM: Sparring	Get your rep's in! Improve your kicks	BBM:Stick Defense Novice:Escapes	Novice/BBM:Kata	Novice/BBM: Karate Stations & S.D.
17  Jump & Spin Techniques	18  Family Day Dojo Closed	19 <b>Kata</b> Black Belts: Kata Challenge	20  Breakfalls, Takedown & Throws All Kids Classes Close Quarter Self Defense Defending from the clinch Adult BBM/Pre/Mas	21  <b>Sparring</b> Point Sparring matches in all BBM & Pre/Mas Classes	22  Novice: Basic S.D. 1-3 BBM/Pre/Mas: Locks from your Int. S.D. Black Belts: Counters & Escapes to Int. S.D. locks	23  Multiple Opponent Pad Drills
24  BBM: Intro to Weapons Pre/Mas: Bo Black Belts: Nunchaku	25  Review Day 1	26  Special Guest Instructors Sensei Vincent & Sensei Victor Duong Our Guests will be teaching the Kids BBM, Pre/Mas & Adult classes from 5:45pm and onwards.	27  Review Day 2 Adult Colour Belt Exam 7:55pm - 8:55pm	28 <b>Colour Belt Exams</b>  All Classes Cancelled		

Sat. Feb 9  
 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

Mon. Feb. 18 is  
 Family Day.  
 The dojo will be closed.

Tues. Feb. 26  
 Guest Instructors  
 Sensei Vincent & Victor  
 will be teaching the  
 following classes:  
 Kids Pre/Mas:  
 5:45-6:30pm

Kids BBM:  
 6:30-7:10pm  
 Kids Pre/Mas:  
 7:10-7:55pm

Adult BBM/Pre/Mas:  
 7:55-8:55pm

Feb. 28 all regular  
 classes cancelled  
 for Colour Belt  
 Exams.

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

Kids Green & Up  
 6:45 - 8:00pm

Our Family and Friends promotion continues for the month of February. Please see our staff for more details.