



Northern KARATE

ROOTED IN TRADITION SHAPING THE FUTURE

Scarboro
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JANUARY 2019 - HAPPY NEW YEAR !!

- NKS Scarboro wishes you and your family a Prosperous, Healthy and Happy 2019 year.
- **JANUARY AND FEBRUARY 2019 ARE 'FAMILY AND FRIENDS MONTHS'**

Refer a family member or friend and receive a NKS Scarboro Gift.
Your referral will receive a 10% discount on a new membership.

BOOK BIRTHDAY PARTIES!
AVAILABLE ON SATURDAY AFTERNOONS

TUE	WED	THU	FRI	SAT
K Closed 1	S Closed 2	K Classes resume - Work Your Stances 3	S Bunkai 4	K Learn/Review Your Kata 5
S Block-Shock-Unbalance 8	K Improve your kicks 9	S Break-Falls 10	K Improve Your Kata - Timing 11	S Pad Work 12
K S K S K Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing 15 16 17 18 19				
S Body Conditioning Tan Ren Hou 22	K Hands Techniques 23	S Colour Belt Exam No Regular Classes 24	K Kata Basics 25	S Kicks, Catches and Take-Downs 26
K Speed Kata 29	S Sparring Games 30			



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