

Northern Karate Schools - Aurora

15420 Bayview Ave., Aurora ON
905-726-8886



February

January 25, 2019






Special Guest

Shihan

Robert Christie



6th Degree Black Belt
NKS Ajax Director

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NKS-AURORA FRIENDSHIP TOURNAMENT MARCH 30, 2019 PRE REGISTRATION REQUIRED Check Flyers for details				1 Pad Power Friday	2 Go Slow Go Fast w/ Kicks
4 Point Sparring 	5 Long Weapons	6 Kicking Combinations w/ Sensei Silas	7 Focus Pads	8 Stick & Knife	9 Speed, Power & Agility Drills
11	Stripe week Wear  red to class			15 Distance & Timing 	16 Bring your parents to train
18 Family day Dojo Closed	19 Shihans Masters Special	20 Sweeps and Takedown	21 Short Weapons	22 Budo Bliss® w/ Sensei Victoria	23 Sparring 101 
25 Special Guest Shihan Robert Christie NKS Ajax Director	26 Masters: Kama Kids: Review Day	27 Grading Night Regular classes Cancelled Adult class 7:30pm	28 Stamina Sparring 	"If you want 1 year of prosperity, grow grain. If you want 10 years of prosperity, grow trees. If you want 100 years of prosperity, grow people." - Chinese Proverb	



February is Family and Friends Month
Share Fun, Fitness and New Skills with Loved Ones.



**A Family that Kicks Together...
Sticks Together.**

More and more families are discovering the benefits of martial arts at Northern Karate Schools. Besides learning Self Defense and the awesome workout, NKS makes it easy, fun and productive to train together. In addition to designated children, youth and adult classes for beginner, intermediate and advanced students, we are proud to feature family sessions that combine training + quality time.

Free classes & thank you gift for NKS students & guests (while supplies last)

BUDO BLISS® w/ Sensei Victoria

February 22 (Friday)

Kids BBM and Masters classes only

Adults at 7:45-9:00 pm

Bring your Friends to sweat w/ you
Guest Welcome - No Gi Required

Reminders

- Bring your sparring equipment on days marked with gloves
- If you have any questions regarding our programs or to book a review please do not hesitate to call us.
- Check your email regularly. If you do not receive our monthly emails please check the office. Announcements are also posted on the Northern Karate Aurora Facebook page or on Instagram @NKS Aurora.
- You can look up the schedule and monthly calendar any time by visiting www.northernkarate.com : Select "Schedule" at the top of the main page • Look for NKS Aurora
- Grading Night is February 27
5:00pm for white to yellow and yellow-orange
6:00 pm for all other belts
7:30 Adult all belt Class

Camp Black Belt® March Break 2019

March 11-15

2 hours of Karate in the morning
Fun Activity in the afternoon
One week of Camp= One month of classes
PLUS: Stripe/belt evaluation
Campers bring: uniform, belt, sparring gear, a change of clothes and a peanut free lunch and snack everyday
Drop off 8:30-9:00 (early drop-off available)
Pick-up 3:30-4:00 pm (late pick up available)
1 week \$299+tax or 60=tax a day
No Martial Arts Experience Required
Non Members welcome

<p>Monday Create your own Tinbe/Shield</p>	<p>Tuesday</p> <p>Popcorn and Movie Day!</p>	<p>Wednesday</p> <p>SUPER SLIME</p>	<p>Thursday</p> <p>Winter snow fun</p>	<p>Friday</p> <p>Personal best Tournament</p>
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FUN – FITNESS – FRIENDSHIP- LIFE SKILLS

Register Online, Phone or Email or in the Office
<https://goo.gl/forms/Ke34GTXJuOowLJj52>