

Northern Karate Schools - Ajax
(www.northernkarate.com)
338 Rossland Rd. East (905) 683-0777
Calendar of Events for *APRIL 2019*



DOJO NEWS...



APRIL 18TH
 THE MASTER OF THE MAT, HANSHI ALAIN SALLY WILL BE HERE AT NKS AJAX! YOU DON'T WANT TO MISS THIS!

APRIL 19TH & 20TH
 CLOSED FOR GOOD FRIDAY & EASTER WEEKEND

MAY 11TH
 BLACK BELT PRE-TEST

JUNE 9TH
 BLACK BELT GRADUATION @ YORK UNIVERSITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	Random Self-Defence 1 8	Be Like Donatello - Use The Bo 2 9	Sparring 3 10	Short Weapons 4 11	Intermediate Self-Defence 5	KATA 6 13
C L O	STRIPE WEEK					
	14	Tonfa Applications 15 15	Point Sparring 16 16	Magazine Self-Defence 17 17	Special Guest Hanshi Alain Sally 18 18	Sorry We're CLOSED EASTER WEEKEND 19-20 19-20
S E E D	21 21	22 22	23 23	A+ GRADING NIGHT 24 24	25 25	Agility Ladder Drills 26 26
	28	29 29	Fit to Fight Night 30 30	<p>"Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it." ...Greg Anderson</p>		