

April 2019



Northern Karate Schools Maple

225 McNaughton Rd. Maple, On. L6A 4P5

905-303-5202 maple@northernkarate.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Masters: Sai	2 Masters: Self Defence	3 Masters: Kata	4 Masters: Takedowns Black Belt: Nunchaku	5 Sparring	6 Masters: Bo
Novice/BBM Stripe Week			Novice/BBM Stripe Week			
7 Karate Stations	8 BBM: Kata	9 BBM: Self Defence	10 BBM: Hand Pads	11 Special Guest Hanshi Alain Saily <small>See special class times</small>	12 BBM: Breakfalls	13 Sparring
Masters Stripe Week			Masters Stripe Week			
14 Focus Pads	15 BBM: Self Defense Masters: Ground	16 Shime Waza Chokes	17 Kata Review	18 Sparring Drills	19 Good Friday Dojo Closed	20 BBM: SD Adv/Purple: Bo Adv/Brown: Sai & Tonfa
21 Happy Easter Dojo Closed	22 Sparring Combinations	23 BBM: Kick Shields Adults Budo Bliss® 7:30pm	24 Review Day 1	25 Review Day 2	26 Colour Belt Exam <small>All Regular Classes Cancelled</small>	27 Learn a New Kata
28 Karate Stations Black Belt Club	29 Locks & Submissions	30 Sparring Footwork				

News

April 11th

Special Guest
Hanshi
Alain Saily
6pm BBM
6:45 Jr. Masters
7:30 All Adults

April 19th

Good Friday
Dojo Closed

April 21st

Easter
Dojo Closed

April 23rd

Adults
Budo Bliss®
Yoga Class

Train in your
workout gear

April 26th

Colour Belt
Exam
All Regular Classes
Cancelled
White to Orange 5pm
Green to Brown 6pm
All Adults 7:15pm