





Northern KARATE

ROOTED IN TRADITION SHAPING THE FUTURE

Scarboro
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APRIL 2019

TUE	WED	THU	FRI	SAT
S Pad work - Novice Sparring - BBM/MAS 2	K Improve Your Kata - Timing 3	S Pad work - Novice Sparring - BBM/MAS 4	K Kata Migi Kobudo - MAS 5	S - Tournament Prep Pad Work / Non Stop Sparring Drills 6
K Learn/Review Your Kata 9	S Intermediate Self- Defence Intro 10	K Review day Kata 11	S Review day Self-Defence 12	K - Tournament Prep Superb Stances Saturday 13
S Stripe Testing - MAS - Goshindo Seminar 16	K Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - S 17 18 19			S - Tournament Prep Rapid Fire Self- Defence 20
K Be a teacher  23	S Arm and Wrist locks 24	K Colour Belt Exam No Regular Classes 24	S - Tournament Prep Circuit Training  26	K NKS FRIENDSHIP TOURNAMENT 27
K Learn your new Kata 30				

April 16
MAS
Special seminar
at Don Mills Dojo
Hanshi Alain
Sailly
Goshindo
7:30PM

April 27
NKS
Friendship
Tournament
Markham Dojo

Summer
Camp
Register online at
[nksscaboro.com/
campblackbelt](http://nksscaboro.com/campblackbelt)