

# April 2019



Northern Karate School  
 3883 Rutherford Rd. Woodbridge Ont., L4L 9R8  
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 www.northernkarateschools.com



Sparring Days:  
 Thurs. Apr. 4 (Pre/Mas)  
 Mon. Apr. 8 (BBM)  
 Tues. Apr. 16 (BBM/Pre/Mas)  
 Wed. Apr. 24 (BBM/Pre/Mas)  
 Remember to bring your sparring gear on these days.

**MON TUES WED THUR FRI SAT**

	1	2	3	4	5	6	
<b>SUN</b>	<b>Novice/BBM Stripe Week</b>						
	Pre/Mas: Improve your ground game	Pre/Mas: Front, Round, Side & Hook Kicks	Purple-Adv Purple: H1-Bassai Dai Brown-Adv Brown H3-Empi Black Belts: Bassai Dai-Wansu Dai	Pre/Mas: Sparring	Purple-Adv Purple: Sai Brown-Adv Brown: Int. S.D. 8-10 Black Belts: Tonfa	Purple-Adv Purple: Tonfa Brown-Adv Brown: Bo Black Belts: Nunchaku	
7 Novice/BBM- Basic SD	8	9	10	11	12	13	
	<b>Pre/Masters Stripe Week</b>						
Pre/Mas- Stripe Week Prep Class	BBM: Sparring	Novice/BBM: Kata	Novice/BBM: Curriculum S.D.	Novice/BBM: Breakfalls & Takedowns	Novice/BBM: Power Pads	BBM: Hair & Wrist Grab Escapes	
14 Focus Pads <small>Adult Class to be combined with Family class today - 12:35pm - 1:15pm</small>	15 Special Guest Hanshi Alain Saily	16 Sparring <small>Point Sparring Matches (BBM/Pre/Mas) Bring your Sparring Gear</small>	17 Stick Defense Kids BBM/Pre/Mas	18 <b>Kata</b> in all kids classes	19 Good Friday Dojo Closed	20 Novice/BBM- Basic SD  <small>Purple/Adv Purple: Bo Brown/Adv Brown: Sai &amp; Tonfa Black Belts- Oar</small>	
Black Belt Assessment Class by invitation only. 1:15pm - 2:30pm	Hanshi will only be teaching the BBM & Pre/Mas classes from 5:55pm and onwards.		24 SPARTAN Sparring <small>(BBM/Pre/Mas) Bring your Sparring Gear</small>	25 Multiple Opponent Pad Drills	26 Kata	27 Karate Training Stations	
21 Happy Easter Dojo Closed	22 Line & Focus Drills	23 Cardio Combat® with Sensei Luke & Ivo Kids Pre/Mas: 7:10-7:55pm All Adults: 7:55-8:55pm	24	25	26	27	
28 Review Day I	29 Review Day 2 <small>Adult Grading: 8:35 - 9:30pm</small>	30 Colour Belt Exams <small>All Classes Cancelled</small>	<p>“Persistence can change failure into extraordinary achievement”</p>				

Sun. Apr. 14 we will be holding our Black Belt Assessment class by invitation only. The Family and Adult class will be combined for this day from 12:35pm - 1:15pm

Mon. Apr. 15 Hanshi Alain Saily from France will be our guest instructor. He will be teaching the BBM and Pre/Mas Classes from 5:55pm and onwards.

The school will be closed Fri. Apr. 19 and Sun. Apr. 21 for Good Friday and Easter.

Wed. Apr. 30 all regular classes are cancelled for our colour belt exams.

Kids White - Orange  
5:15pm - 6:30pm

Kids Green & Up  
6:45pm - 8:00pm

