

NORTHERN KARATE AURORA

15420 Bayview Avenue., Aurora
aurora@northernkarate.com
 905-726-8886

SUMMER 2019 CAMP BLACK BELT

Registration Ongoing

Fun + Friendship + Fitness + Life skills

Camp Tuition is Tax deductible

Space limited. See NKS Students Care reps

May 2019

The ultimate aim of karate lies not in victory nor defeat, but in the perfection of the character of its participants. - Gichin Funakoshi



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mother's and Father's Day Special Gift for all Parents For \$40: receive a complete Karate uniform, an introductory class, water bottle and 1 month of classes		1 Curriculum Self Defense	2 Wavemaster Combinations	3 Kids:  Sparring Masters: Shuji No Kan	4 Kids Obstacle course DOJO Pre-TEST
6	7	8	9	10	11
Stripe week					
Kicks	Stances	Blocks/Strikes	Breakfalls/rolls	Self Defence	Stamina  Sparring NKS BLACKBELT GRADING
13 Japanese Terminology	14 Directional Kata	15 Sparring  Combos	16 Jump kicks With Sensei Silas	17 Multiple Attackers	18 Dojo Closed for Victoria Day Long Weekend
20 Dojo Closed for Victoria Day Long Weekend	21 BBM:  Sparring Masters: BO vs SAI	22 Nunchaku Basics and Kata	23 Multiple Pads	24 Self Defense	25 Super Sai Saturday
27 Kicking Drills Adults: Budo Bliss® 7:45-8:45	28 Review Day Masters: Stick	29 Grading Night	30 Sparring 	31 Thai Pad Combos	