





# Northern KARATE

ROOTED IN TRADITION SHAPING THE FUTURE

Scarboro  
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## MAY 2019

TUE	WED	THU	FRI	SAT
	K Kihon New Kata 1	S Bunkai New Kata 2	K Kata Migi Kobudo - MAS 3	S  May the 4th. Wear your favorite Star Wars t-shirt 4
K Learn/Review Your Kata 7	S Learn New Self- Defence 8	K Hands Techniques 9	S Arm and Wrist locks 10	K Train with your Mom  11
S Ground Work 14	K Focus on Stances 15	S Jump Kicks 16	K Advanced Kata sections 17	S 3 vs.1 Self-Defence 18
K S K S K S K S K S Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing -				
	21	22	23	24
K Review your Kata 28	S Review your Self- Defence 29	K Colour Belt Exam No Regular Classes 30	S Circuit Training 31	

**Attention NKS campers:**  
 In May, wear your camp t-shirt the whole month

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

May is Mother's Day month.  
 Moms can train for free with their child(ren)

May 18  
 Fairmount P.S  
 Graduation day  
 3:00PM