

May 2019

Northern Karate School
 3883 Rutherford Rd. Woodbridge On., L4L 9R8
 905-265-7777, Rutherford@northernkarate.com
 www.northernkarateschools.com



Sat. May 4
 Modified Class Times:
 Novice 12-12:30pm
 BBM 12:30-1:10pm
 Pre/Mas 1:10-1:50pm
 Adults 1:50-2:30pm

SUN MON TUES

WED THUR FRI SAT

			1 Kata and drills to improve your Katas	2 Novice: Power Pads BBM: Sai & Tonfa Basics Purple/Adv Purple: Tonfa Brown/Adv Brown: Kata Black Belts: Sai	3 Novice: Basic S.D. 1-3 BBM: Basic S.D. 5 - 10 Pre/Mas: Basic S.D. 4 - 10 Black Belts: Oar	4 Karate Kids Graduations Modified Class Times: Kids Novice 12-12:30pm BBM 12:30-1:10pm Pre/Mas 1:10-1:50pm Adults 1:50-2:30pm
5 Novice/BBM: Stripe Week Prep	6	7	8 Black Belts: Kata Application	9 Black Belts: Kama	10	11
Novice/BBM Stripe Week						
Pre/Mas:Lunge Punch Defense	Pre/Mas: Basic S.D. 6-10	Pre/Mas: Sparring	Purple & Adv Purple: Tonfa Brown: Bassai Dai - Empi Adv Brown: H1-H5 Migi	Purple-Adv Purple: Kata Brown: Tonfa Adv Brown: Int. S.D. 7-10	Pre/Mas: Focus Pad Drills	Pre/Mas: Stripe Week Prep
12 Novice/BBM: Karate Stations	13	14	15	16	17	18
Pre/Masters Stripe Week						Dojo Closed
Happy Mothers Day	Novice/BBM: Breakfalls & Takedowns	Novice/BBM: Kata	BBM: Locks from your Curriculum S.D.	BBM: Sparring	Novice/BBM: Power Pads	
19 Dojo Closed	20 Victoria Day Dojo Closed	21 Sparring Point Sparring Matches (BBM/Pre/Mas)	22 Line Drills	23 Focus Pads in all kids classes Budo Bliss® with Renshi Lucy Adult Class only	24 Kata	
26 Multiple Opponent Pad Drills	27 Locks & Submissions from the ground (BBM/Pre/Mas)	28 Review Day 1	29 Review Day 2 Adult Grading 7:55 - 9:00pm	30 Colour Belt Exam All classes cancelled	31 Budo Bliss® during lunch hour class with Renshi Lucy BBM/Pre/Mas: Blocks and Counters from your Int. S.D Black Belts: Tonfa	

Sparring Days:
 May 7 (Pre/Mas)
 May 16 (BBM)
 May 21 (BBM/Pre/Mas)
 Bring your sparring gear on these days.

The School will be closed for the Victoria Day long weekend May 18 - 20. Regular classes will resume May 21st.

Parents take advantage of our Mothers and Fathers Day promotion and train for 1 month free. See office staff for further details.

May 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