

MAY 2019

Northern Karate Schools Maple

225 McNaughton Rd. Maple, On. L6A 4P5

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Kata Review	2 Random Self Defense	3 Hand Pad Combos	4 Stripe Week Prep
5 Stripe Week Prep	6	7	8	9	10	11 Sparring Black Belt Testing See Special Class Times
Stripe Week						
12 Happy Mother's Day Parents Hold the Pads	13 BBM: Focus Mitts Masters: Bo	14 Basic Self Defense	15 Kata Focus on Stances	16 Sparring Counters	17 Intro to Weapons Adults: Stick	18 Dojo Closed
19 Dojo Closed	20 Dojo Closed Victoria Day	21 Ground Escapes	22 Sparring Drills	23 Children's Cardio Combat® 6:00pm w/ Sensei David	24 Kata Masters: Weapons	25 Karate Conditioning
26 Hand Pad Combos	27 Partner Drills Adults: Knife	28 Sparring Combinations	29 Review Day 1	30 Review Day 2	31 Colour Belt Exam All Regular Classes Cancelled	Belt Exam Times White to Orange 5pm Green to Brown 6pm All Adults 7:15pm

May 11th

Special Class Times
10am Novice
10:30 All BBM
11:15 Jr. Pre/Masters
12:00 All Adults

May 12th

Happy Mother's Day
Parents Hold the Pads in all classes

May 23rd

Children's Cardio Combat @ 6:00pm
W/Sensei David
Wear your workout gear

Mother's Day & Father's Day Promotion

During the months of May & June, Moms and Dads can train for **1 month Free!**
See flyer for more details