






Northern KARATE

ROOTED IN TRADITION SHAPING THE FUTURE

Scarboro
2969 Kingston Road
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JUNE 2019

TUE	WED	THU	FRI	SAT
				K Learn/Review Your New Kata 1
S Kata Bunkai 4	K Advanced Kata sections 5	S Learn New Self-Defence 6	K Kata timing and strength 7	S Pad Work Point Sparring 8
K Introduction to Kobudo 11	S Spin, skip and jump kicks 12	K Throw back Thursday Retro Training: Japanese Terminology  13	S Take down and submission 14	K Bring your dad to class  PARENTS NIGHT OUT 6PM - 9PM 15
S Stripe Testing - Stripe Testing - Stripe Testing 18	K Stripe Testing - Stripe Testing - Stripe Testing 19	S Guest Teacher  Kyoshi Walsh 20	K Stripe Testing - Stripe Testing - Stripe Testing 21	S Stripe Testing - Stripe Testing - Stripe Testing 22
K Review your Kata 25	S Review your Self Defense 26	K Colour Belt Exam No Regular Classes 27	S Advanced Kata bunkai 28	K Long Weekend Closure 29

Still some spots available for Summer Camp
Register online at nksscarboro.com/campblackbelt

June is Father's Day month. Dads can train for free with their child(ren) for the whole month

June 15 Parents Night Out Register online at: www.nksscarboro.com/parentsnightout