

Northern Karate Schools - Ajax
 (www.northernkarate.com)
 338 Rossland Rd. East (905) 683-0777
 Calendar of Events for **SEPTEMBER 2019**



NEWS & EVENTS...

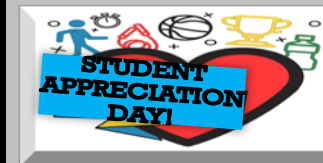


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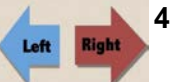











SEPTEMBER 2ND
 WE CELEBRATE OUR
 5 YEAR ANNIVERSARY



DOJO CLOSED FOR
 LABOUR DAY
 SEPTEMBER 2ND



SEPTEMBER 21ST is
 Student Appreciation
 Day! See Flyer or Team
 Members for more details.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|-------------|---|--|--|--|---|---|--|
| C 1 | Sorry We're CLOSED 2  <i>Happy Labour Day</i> |  3 Break Falls |  4 Basics, Kata, SD | HEIAN 5 Kata REVIEW | SELF DEFENSE 6 Review | Bo Basics & Kata 7  棒 Bo/Staff | |
| L 8 | STRIPE WEEK | | | | | | |
| O 15 | NO SCHOOL LIKE THE OLD SCHOOL KARATE 16  |  17 Short Weapons | REDUCE SPEED NOW 18 Sensei Georgia's Slow Kicks | SPARRING 19  |  20 KARATE TRAINING STATIONS | WE ♥ OUR STUDENTS 21 STUDENT APPRECIATION DAY | |
| S 22 | Ground & Pound 23  |  24 Grading Prep. Night |  25 GRADING NIGHT | Pad Power! 26  |  27 Sparring | STANCES 28  | |
| E 29 |  30 Fit to Fight | "Don't dream of winning, TRAIN for it!" ...Mo Farah Olympic Long-Distance Runner | | | | Back to School SEPTEMBER 3RD FIRST DAY OF SCHOOL NKS AJAX WISHES YOU A SUCCESSFUL SCHOOL YEAR! | |
| D | | | | | | | |