



# NORTHERN KARATE SCHOOLS - AURORA

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September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Dojo Closed Aug 31-Sept 2 Labour day Weekend	3 Wishing everyone a great school year ahead Back To School Basics	4 Basic Kata Self-Defense	5 Karate Training Stations	6 Partner Drills	7 Sparring
9	10	11	12	13	14
<b>Stripe week</b>					
Stances/Blocks	Kicks	Self Defense	Weapons	Sparring	Rolls and BreakFalls w/ Sensei Silas
16 Speed Drills w/ Precision	17 Short Weapons	18 Point Sparring	19 Long Weapons	20 Pad Power Friday	21 Masters Super Sai
23 Thai Pad Combos	24 Review Night Masters: KNIFE DRILLS	25 Grading Night Regular Classes Cancelled Adult All Belt 7:30pm	26 Sparring Fundamentals	27 Kicking Drills Adult: BUDO BLISS®	28 Family Fun Day & OPEN HOUSE Guests Welcome
30 Taking it to the Ground	<p><b>NEW SCHEDULE</b> Begins September 3<sup>rd</sup> To give you better service Only one class per day. Please bring your Sparring gear on days marked w/ Sparring gloves You can download class schedule from <a href="http://www.northernkarate.com">www.northernkarate.com</a>. For dojo news,pictures and announcement follow us on Facebook, Instagram and Twitter</p>				



You can learn new things at any time in your life if you're willing to be a beginner. If you actually learn to like being a beginner, the whole world opens up to you. - Barabra Sher