






Northern KARATE

ROOTED IN TRADITION SHAPING THE FUTURE

Scarboro
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SEPT 2019

TUE	WED	THU	FRI	SAT
s Pad work - Novice Sparring - BBM/MAS  3	k Improve Your Kata - Timing 4	s Novice BSD 1-2-3 BBM BSD 6-7-8 MAS ISD 5-10 5	k Kata Migi Kobudo - MAS 6	s BSD - Novice/BBM ISD - MAS 7
k Learn/Review Your Kata 10	s Intermediate Self- Defence Intro 11	k Guest teacher Kyoshi Walsh  12	s Arm and Wrist locks 13	k Superb Stances Saturday 14
Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing				
k Learn your new Kata 24	s Learn your new Self-Defence 25	k Colour Belt Exam No Regular Classes 26	s Rapid Fire Self- Defence  27	k <div style="border: 2px solid red; padding: 5px; text-align: center;"> STUDENT APPRECIATION DAY </div> 28
k Learn your new Kata 30				

BACK TO SCHOOL

Bring a friend to class. Help them discover Karate !!

Sept 12

Guest Teacher
Kyoshi Walsh



Sept 28

Student Appreciation Day for our first anniversary

Join us for snacks and drinks to thank you for making our dojo a great community