



Always bring your sparring gear to class!

Northern Karate Schools

416-499-5555

1515 Steeles Avenue East



SEPTEMBER 2019

Willowdale

OUR ANNUAL STUDENT APPRECIATION DAY IS ON SATURDAY, SEPTEMBER 28! COME CELEBRATE WITH US!

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|--|---|--|--|---|--|
| DOJO CLOSED 1 | DOJO CLOSED Labour Day weekend 2 | BACK TO SCHOOL New schedule in effect! 3 | Bo Basics 4 | Drilling Kata 5 | Queen & King of the hill sparring 6 | Obstacle course training 7 |
| STRIPE WEEK STRIPE WEEK STRIPE WEEK STRIPE WEEK | | | | | | |
| 8 | Kata 9 | Self-defence 10 | Sparring 11 | Self-defence 12 | Sparring 13 | Kata 14 |
| 15 | Flips, falls & rolls 16 | Optional weapon forms 17 | Bunkai 18 | Self-defence by the #'s 19 | Movement on the ground 20 | Point sparring 21 |
| 22 | Last chance for stripes 23 | REVIEW DAY 24 | Bo vs Bo GRADING Teen/Adult grading 8:00-9:00pm 25 | Monthly coloured belt grading NO REGULAR CLASSES 26 | Hip escapes 27 | ANNUAL STUDENT APPRECIATION DAY 28 |
| 29 | Glow n' Go Cardio Combat® for kids - 7pm Wear workout clothes 30 | | | | | |

Take class, enjoy hot dogs, cotton candy, popcorn, and games!

"The way to get started is to quit talking and begin doing." -- Walt Disney



facebook.com/northernkaratewillowdale



Instagram: @team_nks

Unless otherwise noted, all activities are conducted during regular class times.