

# September 2019

Northern Karate School  
 3883 Rutherford Rd, Woodbridge On., L4L 9R8  
 905-265-7777, Rutherford@northernkarate.com  
 www.northernkarateschools.com



SUN MON TUES WED THUR FRI SAT

1  Labour Day Long Weekend School Closed	2  Labour Day Long Weekend School Closed	3  Back to School/Back to Basics	4  Back to School/Back to Basics	5  Back to School/Back to Basics	6  Back to School/Back to Basics	7  Back to School/Back to Basics
		<b>Back to School/Back to Basics</b>				
		Stances, Turns, & Line drills	Improve your Striking Focus Pad Drills	The basics of Sparring Sparring Drills in all classes (BBM/Pre/Mas)	Review all of your Katas	Basic Self Defense Review
8  Novice/BBM: Stripe Week Prep Class	9  Northern Karate Student Appreciation Day 5pm - 7:30pm See flyer for further details All regular classes cancelled	10  Novice/BBM Stripe Week	11  Novice/BBM Stripe Week	12  Novice/BBM Stripe Week	13  Novice/BBM Stripe Week	14  Novice/BBM Stripe Week
		<b>Novice/BBM Stripe Week</b>				
Pre/Mas: Bo		Pre/Mas: Sparring	Pre/Mas: Locks from the ground	Pre/Mas: Kids Stick Defense Pre/Mas Adults: Knife Defense	Pre/Mas: Kata	Pre/Mas: Bo
15 Pre/Mas: Stripe Week Prep Class	16  Pre/Masters Stripe Week	17  Pre/Masters Stripe Week	18  Pre/Masters Stripe Week	19  Pre/Masters Stripe Week	20  Pre/Masters Stripe Week	21  Pre/Masters Stripe Week
		<b>Pre/Masters Stripe Week</b>				
Novice/BBM: Kata Review	Novice/BBM: Power Pads	BBM: Sparring	BBM: Stick Defense	Novice/BBM: Speed & Accuracy Drills	Novice/BBM: Kata	Novice/BBM: Circuit Training
22  Go with the flow Partner Drills	23  Test your Strength & Focus Board Breaking	24  Novice/BBM: Breakfalls & Takedowns Pre/Mas: Sai & Tonfa	25 <b>Kata</b> Adult Grading 7:55 - 8:55pm	26  <b>Budo Bliss®</b> with Renshi Lucy during the Adult Class only Curriculum S.D. in all kids classes	27  Focus Pad Frenzy	28  <b>Review Day 1</b>
29  <b>Review Day 2</b>	30 Colour Belt Exam  All classes cancelled	Where do karate students go shopping for furniture? At IKEAAAAAAAAA!				

The school will be closed Sun. Sept. 1 and Mon. Sept. 2 for the Labour Day long weekend.

Sparring Days:  
 Sept. 5 (BBM/Pre/Mas)  
 Sept. 10 (Pre/Mas)  
 Sept. 17 (BBM)  
 Remember to bring your gear on these days.

Mon. Sept. 9 is Student Appreciation Day. from 5:00 - 7:30pm  
 Please see flyer for further details.  
 All regular classes are cancelled.

Mon. Sept. 23  
 Come test your strength and focus during our board breaking class.

Thurs. Sept. 26 is Budo Bliss® with Renshi Lucy during the adult class.

