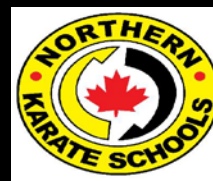


**Northern Karate Schools - Ajax**  
**(www.northernkarate.com)**  
**338 Rossland Rd. East (905) 683-0777**  
**Calendar of Events for OCTOBER 2019**



**NEWS & EVENTS...**



DOJO CLOSED FOR THANKSGIVING HOLIDAY WEEKEND  
 OCTOBER 12TH & 14TH

Northern Karate has raised over \$100,000 for local schools through our Northern Karate Personal Best Success System. The program is a lunch time class taught at local schools by certified Black Belts from Northern Karate.

Find out how NKSPBSS can help your school raise funds during lunch time. Contact us via email at [ajax@northernkarate.com](mailto:ajax@northernkarate.com)



Capital Conquest  
 November 1st to 3rd, 2019  
 Gatineau, PQ

Martial Arts seminars featuring high ranking instructors from all over the world in a variety of disciplines.

**Dojo Closed for Capital Conquest**  
**Friday, November 1 & Saturday, November 2/19**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
"A year from now you will wish you had started today." ...Every Day Power		1 <b>3 Person Pad Drills</b>	2 <b>Speed Kata</b>	3 <b>Sparring</b>	4 <b>Friday Fun</b>	5 <b>Stances, Turns &amp; Line Drills</b>
C	H	O	S	E	D	<b>STRIPE WEEK</b>
						12 <b>Sorry We're Closed</b>
S	E	D	S	E	D	14 <b>Sorry We're Closed</b>
						15 <b>Defence Against Throws</b>
S	E	D	S	E	D	16 <b>3 Person SD</b>
						17 <b>5 Count Heian Kata</b>
S	E	D	S	E	D	18 <b>Silent Training</b>
						19 <b>Rolls, Somersaults &amp; Cartwheels</b>
S	E	D	S	E	D	21 <b>Matayoshi Monday</b>
						22 <b>Weapon Accuracy</b>
S	E	D	S	E	D	23 <b>Legs Only Sparring</b>
						24 <b>Chokes</b>
S	E	D	S	E	D	25 <b>Kids Be The Sensei Day</b>
						26 <b>Kata Stamina</b>
S	E	D	S	E	D	28 <b>Sorry We're Closed</b>
						29 <b>GET IT DONE! Plan Prepare Perform</b>
S	E	D	S	E	D	27 <b>Fit to Fight Jr. Pre-Masters/Masters &amp; Adults</b>
						29 <b>Grading Prep. Night</b>
S	E	D	S	E	D	30 <b>GRADING NIGHT</b>
						31 <b>Kids, Train In Your Costume</b>
S	E	D	S	E	D	31 <b>Happy Halloween Trick or Treat</b>
						31 <b>Special Kids Class Halloween Night From 4:30 - 5:30 pm All Other Classes CANCELLED</b>