

NORTHERN KARATE SCHOOLS – Aurora

15420 Bayview Aurora, ON L4G 7J1



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
"There is always, always something to be thankful for." ---- Unknown	1 Lower Kata Review	2 Self Defense Kids: Intermediate 1-5 BlackBelts: Random	3 Masters BO vs BO	4 Ground Defense	5 Karate Stations
7	8	9	10	11	12
Stripe Week 					
Stance/Blocks	Kicks	Self Defense	Breakfalls	Sparring	Kobudo
14	15	16	17	18	19
Thanksgiving Dojo Closed	Burn the Turkey Conditioning	Self Defense Kids: Intermediate 6-10 BlackBelts: Knife	Sparring 	BUDO BLISS®	Jump drills and Jump Kicks
21	22	23	24	25	26
Parents Hold the Pads	Masters: Knife and Sticks	Sparring 	Short Weapons	Okinawan Karate Day 100 Kata Challenge	Pound the Pad Saturday
28	29	30	31	November 1st-3rd Dojo closed for Staff Training at World Kobudo Federation in Ottawa	
Sparring Combos 	Review day	Grading Night Kids Classes Cancelled Adults 7:30pm	Halloween Special Class times		

Halloween Party
Join us for a fun filled training in your costume on October 31
4:15-5:00 pm 8 years old and under
5:15-6:00 9 years old older
Treats and Prizes for best costume

Calling all **PINK WARRIORS**
Join us in the fight against Breast Cancer
For the Month of October Wear a Pink belt in class
Donate \$25 to Online at Canadian Breast Cancer Foundation show us your receipt and receive NKS Pink Belt (\$5)
*Students with Pink Belt must donate again to wear their pink belt

