



NORTHERN KARATE AURORA

905-726-8886

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------------------------------------|-----------|---------------------------------------|--------|---|---|
| | | | | | Kids Novice 9:00-9:30 | Dojo closed |
| | Adult All Belt 12:00 – 1:00 | | Adult All Belt 12:00 – 1:00 | | Black Belts + ALL AGES 9:30-10:30 | Supporting our community NKS Can raise funds for your child's school. Please ask Shihan Bruce for details |
| | | | | | Adult all belt 9:30-10:30 | |

KIDS CLASSES

| | | | | | | |
|---|-------------------------------|---|---|--------------------------------------|--|--|
| Private lesson 3:00-3:30 | BBM 3:15 - 4:00 | Private lesson 3:00-3:30 | BBM 3:15-4:00 | Private lesson 3:00-4:00 | Kids Novice 10:30-11:00 | Saturday and Sunday Afternoons reserved for Birthday Parties |
| Novice 3:45 - 4:15 | BBM 4:00 - 4:45 | Novice 3:45 - 4:15 | BBM 4:00-4:45 | Weapons WORKSHOP 4:00-4:45 | Family Class 11:00 – 11:45 | |
| BBM 4:15 - 5:00 | Novice 4:45 – 5:15 | BBM 4:15 - 5:00 | Novice 4:45 – 5:15 | Novice 4:45 - 5:15 | BBM 11:45 – 12:30 | |
| Novice 5:00 - 5:30 | BBM 5:15 – 6:00 | Novice 5:00 - 5:30 | BBM 5:15 – 6:00 | BBM 5:15– 6:00 | Masters & Pre Masters 12:30 – 1:15 | |
| BBM 5:30 - 6:15 | Masters 6:00 – 7:00 | BBM 5:30 - 6:15 | Masters & Pre Masters 6:00 – 6:45 | Masters 6:00 – 7:00 | | |
| Masters & Pre Masters 6:15 - 7:00 | Novice 7:00 – 7:30 | Masters & Pre Masters 6:15 - 7:00 | Novice 6:45 – 7:15 | BBM 7:00 - 7:45 | | |
| BBM 7:00 - 7:45 | | BBM 7:00 - 7:45 | Family Class 7:15 – 8:00 | | | |

ADULT CLASSES

| | | | | |
|-------------------------------|--|-------------------------------|-------------------------------|--------------------------------------|
| Novice 7:45 - 8:30 | Black Belts + ALL AGES 7:30-8:30 | Novice 7:45 - 8:30 | BBM 8:00 – 9:00 | Adult All Belt 7:45 - 8:30 |
| BBM 7:45 - 8:45 | | BBM 7:45 - 8:45 | Masters 8:00 – 9:15 | Sparring 8:30-9:00 |
| Masters 7:45 - 9:00 | Nidan + 7:30-9:00 | Masters 7:45 - 9:00 | | |

STUDENT CREED

I promise, To become,
the best possible person I can be.

With honesty in my heart.
Confidence in my mind
And Strength in my body.

I will achieve excellence,
and share it with others.

What is your goal?
BLACKBELT EXCELLENCE!
What is your quest?
PERSONAL BEST!

STARS

You can earn a Personal Best Star Award. When you achieve all 7 of our individual stars:

Attendance, Conduct, Service, Spirit, Leadership, Academic & Grading Exam!

GRADING NIGHT

are on the last Wednesdays of each month.
Regular Kids Classes Cancelled
Adult All belt Class at 7:30

Check your email Regularly
Announcements are also posted on Northern Karate Aurora @NKSAurora



DOJO ETIQUETTE:

- Bow (Rei) before entering the dojo, this is a time-honored, Japanese manner of greeting the school, instructors and fellow students.
- 1. Attend 2-3 classes per week and practice for regular promotion. Arrive 5-10 minutes prior to your class and quietly prepare for your class. **Only 1 class per day.**
If you are late, kneel down and ask permission before entering the class.
- 2. Remove your shoes/coats upon entering and store in designated area, including bags. Sign-in on attendance.
- 3. Keep uniforms neat, clean, odour-free and in good repair. Affix appropriate Northern Karate School program crest to all uniforms.
- 4. No student or guest is permitted in the office unless authorized by a staff member.
- 5. For safety purposes, all jewelry should be removed while training.
- 6. No food or beverages are permitted beyond the tiled reception area, except water.
- 7. Refrain from Disturbing classes in progress - i.e Talking loudly or playing in the viewing area. Keep cellphone use to a minimum. All children on the viewing are must be supervised by an adult.

If you have any questions regarding our programs or need to book a review please do not hesitate to speak to us or call **905-726-8886** or email **aurora@northernkarate.com**