


NORTHERN KARATE

NORTHERN KARATE SCHOOLS MAPLE

225 McNAUGHTON RD. MAPLE, ON.

OCTOBER 2019

905-303-5202 MAPLE@NORTHERNKARATE.COM

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1  BBM & Mas: Stick Defense	2 Partner Drills 	3 Self Defense 	4 BBM: Kata Mas: Tonfa	5  Sparring Reaction & Awareness Drills
6 Curriculum Review	7	8	9	10	11  Sparring	12  Black Belts: Nunchaku
STRIPE WEEK			STRIPE WEEK			
13 Dojo Closed	14 Dojo Closed Happy Thanksgiving	15 Kids Cardio Combat® 6:45pm Adults: Budo Bliss® 7:30pm	16 Kata Drills & Bunkai 	17  Point Sparring	18 Power Pads 	19 Self Defense 
20 Jump Kicks 	21  Focus Pads & Board Breaking	22  Sparring Drills	23 BBM: Kicking Drills Mas: Bo Drills & Kata 	24 Continuous Kata	25 Self Defense Curriculum Testing your Reaction!	26 BBM: Intro to Weapons Mas: Weapons Combat
27 Review Day 1	28 Review Day 2	29 Colour Belt Exam Kids Classes Cancelled All Adults: 7:30pm Adult Belt Exam 7:30pm	30  Sparring	31 Happy Halloween! See modified Class Times		

News

October is Breast Cancer Awareness Month

Donate to Wear a Pink Belt for this month



Oct 13 & 14 Dojo is CLOSED

OCT 29

Colour Belt Exam

Kids' Classes Cancelled

Adults:
Regular Class Times
Grading in Class

Oct 31

Halloween Schedule

4pm Children BBM

4:45 Jr. Pre/Mas

5:30 Novice

All other classes
are cancelled

