

September 2019

Northern Karate Schools Maple

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Dojo Closed	2 Labour Day Dojo Closed	3 Kata Review	4 Self Defence Review	5 Hand Pad Combos	6 Sparring	7 Karate Conditioning
		Back to Basics Week			Back to Basics Week	
8 Karate Stations	9	10	11	12	13	14 Sparring Drills
		Stripe Week			Stripe Week	
15 Multiple Opponent Drills	16 Student Appreciation <small>See Flyer for Special Class Times</small>	17 Shime Waza Chokes & Choke Defense	18 Kata Bunkai Masters: Weapons	19 Sparring Combos	20 Self Defence Review	21 Partner Flow Drills
22 BBM: Intro to Weapons Mas: Weapons Kata	23 Novice: Breakfalls BBM/Mas: Takedowns	24 Sparring Movement	25 Review Day 1	26 Review Day 2 Adult Grading: 7:30	27 Colour Belt Exam All regular classes cancelled	28 Weapons Training
29 Learn a new Kata	30 Ne Waza Ground Escapes					New Schedule in effect September 15th