






# Northern KARATE

ROOTED IN TRADITION SHAPING THE FUTURE

Scarboro  
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## OCTOBER 2019

| TUE   | WED  | THU  | FRI  | SAT   |
|---|--|--|--|---|
| S<br>Pad work - Novice<br>Sparring - BBM/MAS<br>1   | K<br>Improve Your Kata -<br>Timing<br>2          | S<br>Kicks and more kicks<br>3   | K<br>Kata Migi<br>Kobudo - MAS<br>4  | S<br>Pad Work / Non Stop<br>Sparring Drills<br><br>5 |
| K<br>Learn/Review Your<br>Kata<br>8   | S<br>Self-Defence counter<br>9                   | K<br>Be a teacher<br><br>10 | S<br>Jump Kicks<br>PA Day Camp<br>11   | K<br>Superb Stances<br>Saturday<br>12   |
| <b>Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing</b> |  |  |  |   |
| K<br>Review day<br>Kata<br>22   | S<br>Review day<br>Self-Defence<br>23            | K<br>Colour Belt Exam<br>No Regular Classes<br>24  | S<br>Circuit Training<br><br>25 | K<br>Bunkai<br>26   |
| K<br>Learn your new Kata<br>29  | S<br>Be a good partner -<br>Partner drills<br>30 | K<br>Classes Cancelled<br>31   |  |   |

**Oct 11**

**PA Day camp  
9 AM  
to 4 PM**

**Register online at**

[NKSSCARBORO.COM/PADAY](http://NKSSCARBORO.COM/PADAY)

(regular classes are maintained)

**Oct 31st**

**Classes  
cancelled for  
Halloween  
trick or  
treating**



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