



Always bring your sparring gear to class!

Northern Karate Schools

416-499-5555

1515 Steeles Avenue East



# OCTOBER 2019

## Willowdale

We're now accepting schools to run our lunchtime karate program to raise funds for your school! Send us an email for further information.

October is Breast Cancer Awareness Month, if you have, you are welcome to make a donation to the Canadian Breast Cancer Society and wear your Pink Belts for the month of October. Limited pink belts available.

Coming next month: a trip to Ottawa for your teaching team CAPITAL CONQUEST.



**This month's Wednesday Combat Veritas focuses on ground work. Bring your Blue gi.**

	MON	TUE	WED	THU	FRI	SAT
		<b>Distraction techniques</b> 1	<b>Weapons Wednesday SAI</b> 2	<b>Stretch &amp; strengthen</b> 3	<b>Creating a frame</b> 4	<b>Big pad drills</b> 5
<i>DOJO CLOSED</i>	<b>STRIPE WEEK</b>					
	<b>Clean basics &amp; Kata</b> 6	<b>Tag team sparring</b> 7	<b>Weapons Wednesday</b> 8	<b>Self-defence</b> 9	<b>Spar-a-thon</b> 10	<b>Kata Cleanup</b> 11
	<b>DOJO CLOSED Thanksgiving</b> 13	<b>Partner Flow drills</b> 14	<b>Shihan RICKY BONAPARTE</b> 5:10 MAS class 7:10 MAS class 7:50 Adult/Teen Yellow & above 15	<b>Release from grabs</b> 16	<b>Sparring fun: 1 hand vs 1 foot</b> 17	<b>Flying kicks</b> 18
	<b>Awareness of space</b> 20	<b>Chair self-defence</b> 21	<b>Weapons Wednesday Knife defence</b> 22	<b>Monthly Kyu Grading</b> 4:45 Kids White-Adv Orange 5:45 Kids Green & Above 7:00 Sandan + training 23	<b>Shrimping</b> 24	<b>Kata review</b> 25
	<b>REVIEW DAY</b> 27	<b>Slow kicks</b> 28	<b>REVIEW</b> <b>GRADING</b> Adult Grading in class 8pm 29	<b>HALLOWEEN</b> 4:30-5:30pm: Costumes, treats, glow in the dark karate *ALL OTHER CLASSES CANCELLED* 30		
						<b>31</b>

Unless otherwise noted, all activities are conducted during regular class times.

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Instagram: @team\_nks