

October 2019



Northern Karate School
 3883 Rutherford Rd, Woodbridge Ont., L4L 9R8
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 www.northernkarateschools.com



TUES WED THUR FRI SAT

SUN MON

		1 Stick Defense (Kids BBM/Pre/Mas)	2 Kata <small>Novice/BBM: Focus on Stances Pre/Mas: H1-H5 & Highest</small>	3 Sparring <small>Test your speed & accuracy Point Sparring Matches (BBM/Pre/Mas) Sparring Gear Required</small>	4 Power Pads	5 Novice/BBM: Curriculum S.D. Purple/Adv Purple: Sai Brown Belts: Tonfa Adv Brown Belts: Bo
		Knife Defense (Adult BBM/Pre/Mas)				
6 Kata Review in all classes	7	8	9	10 Black Belts: Oar	11	12
Novice/BBM Stripe Week						
	Pre/Mas: Kata	Pre/Mas: Sparring	Pre/Mas: Sai	Pre/Mas: Int. S.D.	Pre/Mas: Tonfa	Kata Review Modified Class Times
13 Happy Thanksgiving School Closed	14 Happy Thanksgiving School Closed	15	16	17	18	19
Pre/Masters Stripe Week						
		Novice/BBM: Basic S.D.	BBM: Sparring	Novice/BBM: Focus Pads	Novice/BBM: Kata	Novice/BBM: Karate Stations
20 Weapons (BBM/Pre/Mas) Black Belts: Nunchaku	21 Sparring Return of the Spartan (BBM/Pre/Mas) Sparring Gear Required	22 Cardio Combat® with Renshi Luke & Sensei Marcela. Kids Pre/Mas: 7:10-7:55pm All Adults: 7:55-8:55pm Come in your workout gear. Focus Pads in Kids classes	23 Grappling Improve your Ground Game (BBM/Pre/Mas)	24 Kata <small>Adult Grading 7:55 - 8:55pm</small>	25 Novice/BBM: Escapes Pre/Mas: Basic S.D. 5-10	26 Power Pads Jump Kicks
27 Review Day 1	28 Review Day 2	29 Colour Belt Exams All classes cancelled	30 Curriculum Self Defense	31 Happy Halloween Modified Class Times		



Sparring Days:
 Oct. 3 (BBM/Pre/Mas)
 Oct. 8 (Pre/Mas)
 Oct. 16 (BBM)
 Oct. 21 (BBM/Pre/Mas)
 Remember to bring your gear on these days.



The school will be closed Sun. Oct. 13 and Mon. Oct 14 for Thanksgiving.

Class times for Sat. Oct. 12. All kids classes will remain the same except the last kids Pre/Mas class from 12-12:45pm is cancelled. The Adult class will run from 12-12:45pm The Black Belt Selection class will run from 1:00pm to 2:30pm



We will be running a modified class schedule for Halloween.
 3:50-4:35pm Kids Pre/Mas
 4:35-5:15pm Kids BBM
 5:15-5:45pm Kids Novice
 All Adult Classes Cancelled