

**Northern Karate Schools - Ajax**  
**338 Rossland Rd. East (905) 683-0777**  
**MARCH 2020** [www.northernkarate.com](http://www.northernkarate.com)



**NEWS & EVENTS...**

**March Break 16th to 20th**  
**Camp Black Belt®**  
**Limited Space Available.**  
**See Office/Staff for more details.**  
**(Regular scheduled classes still running in the evening.)**

**Special Guest March 30th:**  
**Shihan Scott Campsall**  
**Director @**  
**Okami Kai Martial Arts**  
**5:25 - 9:40 pm**

**NORTHERN KARATE**  
**FRIENDSHIP TOURNAMENT**  
**SUNDAY, APRIL 5<sup>TH</sup>, 2020**

**EVERY STUDENT**  
**RECEIVES A TROPHY**  
 Medals are awarded  
 for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place

**TOP FUNDRAISERS**  
 1<sup>st</sup> Place- 6 foot Trophy  
 2<sup>nd</sup> Place- 5 Foot Trophy  
 3<sup>rd</sup> Place- 4 Foot Trophy



**See Flyer/Staff for more details.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>C</b> 1	<b>STRIPED WEEK</b>					
<b>L</b> 8 	9  Adult Class Heavy Bag	10 <b>SELF DEFENSE BY THE NUMBER</b> 1 2 3 4 5 6 7 8 9 10	11  <b>SPARRING</b>	12  Pad Combinations by the Number	13 <b>Kata Cadence</b> 	14 <b>Burn Out With Basics</b>
<b>O</b> 15	16  Blindfold Kata	17  Happy St. Patrick's Day	18  Silent Teaching	19  Rolls	20  Kata to the Right	21  Focus Pad Techniques & Drills
<b>S</b> 22	<b>March Break - Camp Black Belt®</b>					
<b>E</b> 22	23  Sparring	24  KARATE REVIEW	25 <b>GRADING NIGHT</b>  GRADE	26 <b>Large Pad Line Drills</b>	27 Special Masters Short Weapons Sai, Tonfa & Nunchaku	28  <b>BO</b>
<b>D</b> 29	30  Special Guest Shihan Scott Campsall 5:25 - 9:40 PM	31  Fit to Fight Jr. Pre-Masters/Masters & Adults	<b>IT'S NOT ABOUT BEING THE BEST. IT'S ABOUT BEING BETTER THAN YOU WERE YESTERDAY.</b>			