



# MARCH 2020

Northern Karate Schools Maple  
 225 McNaughton Rd. Maple, Ontario  
 905-303-5202    maple@northernkarate.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Locks & Holds	2 BBM: Kata Masters: Weapons	3 Sparring Footwork	4 Hand Pads Speed & Accuracy	5 BBM: Self Defence Masters: Ground	6 Karate Stations	7 Kata Cadence
8 Stripe Week Prep	9	10	11 MAS: BO	12	13 Sparring	14 Mas: Short Weapons
<div style="border: 2px solid black; padding: 5px; display: inline-block; width: 100%;"> <span style="margin-right: 20%;">Stripe Week</span> <span style="margin-right: 20%;">Stripe Week</span> <span>Stripe Week</span> </div>						
15 Kick Shield Combos	16 BBM: Self Defense MAS: Holds & Grabs	17 Kids Cardio Combat® <u>6:45am</u> Adults Budo Bliss® <u>7:30pm</u>	18 Sparring Drills	19 Kata Bunkai	20 BBM: Kicking Drills Mas: Weapons	21 Karate Conditioning
22 Curriculum Self Defense	23 Stances & Balance Drills	24 Kids: Self Defence Adults: Knife	25 Review Day 1 Adult Grading in Class	26 Review Day 2	27 Colour Belt Exam All Classes Cancelled	28 Sparring Counters
29 Kata Turning Drills	30 Sparring Combinations	31 Focus Pad Combos & Movement Drills				