





# Northern KARATE

ROOTED IN TRADITION SHAPING THE FUTURE

Scarboro  
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## MARCH 2020

TUE	WED	THU	FRI	SAT
S Pad work - Novice Sparring - BBM/MAS  3	K Improve Your Kata - Timing 4	S Block / Shock / Unbalance 5	K Kata Migi Kobudo - MAS 6	S - Tournament Prep Pad Work / Non Stop Sparring Drills  7
K Learn/Review Your Kata 10	S Intermediate Self-Defence Intro 11	K Bunkai 12	S Self-Defence - Multiple attackers 13	K - Tournament Prep Superb Stances Saturday 14
S Stripe Testing - Stripe Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe T				
17	18	19	20	21
K Be a teacher  24	S Arm and Wrist locks 25	K Colour Belt Exam No Regular Classes 26	S - Tournament Prep Circuit Training  27	K - Tournament Prep Review kata for tournament 28
K Silent class 31				

**April 5th**  
**NKS**  
**Friendship**  
**Tournament**

**Register online**  
**before March**  
**21st at:**  
[www.nksscarboro.com/tournament](http://www.nksscarboro.com/tournament)

**Summer**  
**Camp**

For information and to register online, just go to:  
[nksscarboro.com/campblackbelt](http://nksscarboro.com/campblackbelt)