



Always bring your sparring gear to class!

**Northern Karate Schools**

416 • 499 • 5555

1515 Steeles Avenue East



# MARCH 2020

Willowdale

SUN	MON	TUE	WED	THU	FRI	SAT
In-house Black belt pre-test 1	<b>STRIPE WEEK STRIPE WEEK STRIPE WEEK STRIPE WEEK</b> -----WHITE, YELLOW, ADVANCED YELLOW, ORANGE, ADVANCED ORANGE, PURPLE, ADVANCED PURPLE-----					
	Basic self-defence 1 & 2 2	Basic self-defence 3 & 4 3	Basic self-defence 5 & 6 4	Basic self-defence 7 & 8 5	Basic self-defence 9 & 10 6	Ground & takedowns 7
DOJO CLOSED 8	<b>STRIPE WEEK STRIPE WEEK STRIPE WEEK STRIPE WEEK</b> -----GREEN, ADVANCED GREEN, BLUE, ADVANCED BLUE, BROWN, ADVANCED BROWN-----					
	Heian 5-count & Int. self-defence 1 & 2 9	Int. self-defence 3 & 4 10	Int. self-defence 5 & 6 11	Int. self-defence 7 & 8 12	Int. self-defence 9 & 10 13	Freestyle self-defence 14
<b>MARCH BREAK: DOJO CLOSED FOR RENOVATIONS</b>						
15	16	17	18	19	20	21
Get up to speed for grading 22	Tonfa 23	Sai 24	ADULT GRADING Adult Grading in class 8pm Bo 25	Children's Grading 4:45 Kids White-Adv Orange 5:45 Kids Green & Above 7:00 Sandan + training welovegrading 26	Ground mobility 27	Optional weapon 28
						Black belt pre-test 2-3:30pm 28
29	Obstacle course 30	Kata clean-up 31				



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Instagram: @team\_nks

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