





























March 2020



SUN MON TUES WED THUR FRI SAT

1  Stripe Week Prep Class	2  Black Belts: Sai	3	4  Black Belts: Tonfa	5	6  Black Belts: Oar	7
Novice/BBM/Pre/Mas Stripe Week						
8  Kata Tournament Prep Class <small>Adults: Improve your Kicks: Slow Kick Sunday</small>	9  Ground Defense (BBM/Pre/Mas)	10  Stick Defense (BBM/Pre/Mas)	11  Kata Tournament Prep Class <small>Adults: Kata</small>	12  Sparring Point Sparring Matches (BBM/Pre/Mas) Sparring Gear Required	13  Kata Tournament Prep Class <small>Adults: Curriculum S.D.</small>	14 Karate Training Stations
15 <small>Novice: Line Drills BBM: Intro to Weapons Pre/Mas: Basic S.D. 5-10 Black Belts: Knife Defense</small>	16  Kata Tournament Prep Class <small>Adults: Kata Camp Black Belt® Begins</small>	17  Novice/BBM: Breakfalls & Takedowns <small>Pre/Mas: Sai & Tonfa</small>	18  Sparring Sparring Combinations (BBM/Pre/Mas) Sparring Gear Required	19  Kata Tournament Prep Class <small>Adults: Focus Pad Drills</small>	20  Multiple Opponent Pad Drills <small>Last day to register for tournament</small>	21 <small>Novice/BBM: Power Pads Purple-Brown: Tonfa Adv.Brown: Bo Black Belts: Sai</small>
22  Kata Tournament Prep Class <small>Adults: Kata & Migi Kata</small>	23  Sparring Sparring Rounds (BBM/Pre/Mas) Sparring Gear Required	24 Cardio Combat® <small>Kids Pre/Mas only: 7:10 - 7:55pm All Adults: 7:55 - 8:55pm</small> <small>Curriculum S.D. in all other kids classes</small>	25  Kata Tournament Prep Class <small>Adults: Int. S.D. Black Belts: Kama</small>	26  Locks & Chokes (BBM/Pre/Mas) <small>Black Belts: Nunchaku</small>	27  Kata Tournament Prep Class <small>Adults: Kata</small>	28  Childrens Kata Tournament <small>No Regular Classes</small>
29  Sparring King & Queen of the Hill Point Sparring Matches (BBM/Pre/Mas) Sparring Gear Required	30  Review Day	31 Colour Belt Exam  All classes cancelled	 <div style="display: inline-block; background-color: #002060; color: white; padding: 5px; text-align: center;"> VOTED TOP CHOICE MARTIAL ARTS SCHOOL IN GREATER TORONTO AREA NORTHERN KARATE SCHOOL </div>			

Sparring Days: 
Thurs Mar 12
Wed Mar 18
Mon Mar 23
Sun Mar 29
Remember to bring your
sparring gear to class!

Mar 24 is
Cardio Combat® with
Sensei Marcela and
Sensei Hasadoc.
This will be the last glow in
the dark class until next Fall!
Kids Pre/Mas: 7:10-7:55pm
All Adults: 7:55-8:55pm

Mar 28 is our
Children's Kata
Tournament.
The last day to register is
Friday Mar 20.
All regular classes are
cancelled on this day.

Mar 31
All regular classes are
cancelled for Colour Belt
Exams

Kids White-Orange
5:15pm - 6:15pm

Kids Green & Up
6:30pm - 8:00pm
Green & Up sparring
gear required.