

NORTHERN KARATE SCHOOLS – AURORA






15420 Bayview Ave., Aurora ON

905-726-8886



FRIENDSHIP TOURNAMENT APRIL 5, 2020

Registration Ongoing : check posters for details

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Perfect Basics	3 Masters: Optional weapons	4 Tournament Prep Sparring 	5 Tournament Prep Kata	6 Defense against Multiple attackers	7 Circuit training
9 stances STRIPE WEEK	10 Lower katas	11 kicks	12 Self defense	13 Tournament Prep sparring 	14 Jumpkicks & Breakfalls w/ Sensei Silas
16 Bring your Parents To Train	17 Tournament Prep Kids: Sparring Masters: Long Weapons 	18 Tournament Prep Kata	19 Masters: Advance Self Defense	20 Triple threat Pad works	21 Ground Kata
23 Tournament Prep Sparring 	24 Masters: Intensive Nunchaku workshop	25 Grading Night Regular Classes Cancelled	26 Tournament Prep Sparring 	27 BUDO BLISS® Bring-a-friend	28 Speed Power Drills
30 Tournament Prep Kata	31 Masters: Stick & Knife	<h1>Camp</h1> <h2>Black Belt®</h2> <p>Northern Karate Schools award winning camp provides children 5-15 years, with 2+ hours MARTIAL ARTS TRAINING and 2+ hours Fun Interactive afternoon activity</p>			

“Many of life’s failures are people who did not realize how close they were to success when they gave up.” –Thomas Edison