

# NORTHERN KARATE SCHOOLS SCHEDULE - STAGE 2

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Effective:  
July 15, 2020



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<u>Kids Classes</u>	<u>Kids Classes</u>	<u>Kids Classes</u>	<u>Kids Classes</u>	<u>Kids Classes</u>
LAST NAME STARTS WITH: <u>A TO L</u> In Person Classes Only	LAST NAME STARTS WITH: <u>M TO Z</u> In Person Classes Only	LAST NAME STARTS WITH: <u>A TO L</u> In Person Classes Only	LAST NAME STARTS WITH: <u>M TO Z</u> In Person Classes Only	ALL STUDENTS <u>A TO Z</u> In Person Classes Only
WHITE TO ORANGE ADV. ALL AGES 4:15 - 4:50	WHITE TO ORANGE ADV. ALL AGES 4:15 - 4:50	GREEN TO BLUE ADV. ALL AGES 4:15 - 4:50	GREEN TO BLUE ADV. ALL AGES 4:15 - 4:50	WHITE TO ORANGE ADV. ALL AGES 4:15 - 4:50
GREEN TO BLUE ADV. ALL AGES 5:05 - 5:40	GREEN TO BLUE ADV. ALL AGES 5:05 - 5:40	MASTERS <u>BROWN TO BROWN ADV.</u> 5:05 - 5:40	MASTERS <u>BROWN TO BROWN ADV.</u> 5:05 - 5:40	GREEN TO BLUE ADV. ALL AGES 5:05 - 5:40
PRE-MASTERS PURPLE TO PURPLE ADV. 5:55 - 6:30	PRE-MASTERS PURPLE TO PURPLE ADV. 5:55 - 6:30	WHITE TO ORANGE ADV. ALL AGES 5:55 - 6:30	WHITE TO ORANGE ADV. ALL AGES 5:55 - 6:30	PRE-MASTERS PURPLE TO PURPLE ADV. 5:55 - 6:30
MASTERS BROWN TO BROWN ADV. 6:45 - 7:20	MASTERS BROWN TO BROWN ADV. 6:45 - 7:20	PRE-MASTERS PURPLE TO PURPLE ADV. 6:45 - 7:20	PRE-MASTERS PURPLE TO PURPLE ADV. 6:45 - 7:20	MASTERS BROWN TO BROWN ADV. 6:45 - 7:20
BLACK BELTS <u>KIDS / ADULTS</u> 7:35 - 8:10	BLACK BELTS <u>KIDS / ADULTS</u> 7:35 - 8:10	BLACK BELTS <u>KIDS / ADULTS</u> 7:35 - 8:10	BLACK BELTS <u>KIDS / ADULTS</u> 7:35 - 8:10	BLACK BELTS <u>KIDS / ADULTS</u> 7:35 - 8:10

<b>SATURDAY</b>
<u>Kids Classes</u>
ALL STUDENTS <u>A TO Z</u> In Person Classes Only
WHITE TO ORANGE ADV. ALL AGES 9:00 - 9:35
GREEN TO BLUE ADV. ALL AGES 9:50 - 10:25
PRE-MASTERS PURPLE TO PURPLE ADV. 10:40 - 11:25
MASTERS BROWN TO BROWN ADV. 11:40 - 12:25

## Dojo Rules

A face mask / face shield is mandatory.

We ask you to stay home if you are sick.

Please self-quarantine for two weeks if you travel outside of the Province of Ontario.

Due to social distancing, no parents will be allowed in the Viewing Area. A special Facebook Live Page will allow parents to watch from their device

Entry and Exit of students will be directed by teachers.

Students must come dressed for class. Washrooms & Changerooms are closed.

Please bring your own water bottle. The water fountain is closed.

Do not bring your BBM bags. Kobudo weapons will be allowed.

TO ENSURE THE SAFETY OF ALL STUDENTS, FAMILIES AND STAFF  
ALL SAFETY PROTOCOLS WILL BE ADHERED TO STRICTLY

Dojo  
Closed on  
Sundays

<u>Adult Classes</u>	<u>Adult Classes</u>	<u>Adult Classes</u>	<u>Adult Classes</u>	<u>Adult Classes</u>
<u>NOVICE</u> 8:25 - 9:05	<u>NOVICE</u> 8:25 - 9:05	<u>NOVICE</u> 8:25 - 9:05	<u>NOVICE</u> 8:25 - 9:05	<u>NOVICE</u> 8:25 - 9:05
<u>BBM</u> 8:25 - 9:25	<u>BBM</u> 8:25 - 9:25	<u>BBM</u> 8:25 - 9:25	<u>BBM</u> 8:25 - 9:25	<u>BBM</u> 8:25 - 9:25
<u>PRE-MASTERS/MASTERS</u> 8:25 - 9:25	<u>PRE-MASTERS/MASTERS</u> 8:25 - 9:25	<u>PRE-MASTERS/MASTERS</u> 8:25 - 9:25	<u>PRE-MASTERS/MASTERS</u> 8:25 - 9:25	<u>PRE-MASTERS/MASTERS</u> 8:25 - 9:25

<u>Adult Classes</u>
<u>NOVICE</u> 12:40 - 1:20
<u>BBM</u> 12:40 - 1:40
<u>PRE-MASTERS/MASTERS</u> 12:40 - 1:40

[www.northernkarate.com](http://www.northernkarate.com)



Northern Karate Ajax



NKSAjax



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### STARS

You can earn a "Personal Best Star Award" when you achieve all 7 of our individual stars:

Attendance, Conduct,  
Service, Spirit, Leadership,  
Academics & Grading Exam!



### STUDENT CREED

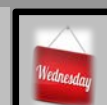
I promise to become the best possible person I can be.

With honesty in my heart, confidence in my mind,  
and strength in my body.

I will achieve excellence, and share it with others.

*What is your goal?*  
Black Belt Excellence!

*What is your Quest?*  
Personal Best!!!



LAST WEDNESDAY OF  
EACH MONTH IS A  
GRADING DAY.  
ALL REGULAR CLASSES  
ARE CANCELLED