

Northern Karate Schools - Ajax
338 Rossland Rd. East (905) 683-0777
AUGUST 2020 www.northernkarate.com



NEWS & EVENTS...

Dojo closed August 1st & 3rd for Civic Holiday Long Weekend.

Grading Night is August 26th

In person classes and Zoom simulcasts will be conducted Monday to Saturday.

To limit class size and ensure safe physical distance, students may participate in on-site sessions 4 days a week (see schedule for break-down).

Members may also train 6 days per week on Zoom and access on-demand programming 24/7 (NED - Northern Electronic Dojo).



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
C ³⁰	Stamina Training ³¹	I am too positive to be doubtful. Too optimistic to be fearful. And too determined to be defeated. Author Unknown				Sorry WE'RE CLOSED ¹ Civic Holiday Weekend
L ²	Sorry WE'RE CLOSED ³ Civic Holiday Monday	Tonfa Tuesday ⁴ 	 ⁵ Working Turns	 ⁶ Improve Your Stances	 ⁷ Slow Kicks With Renshi Georgia	 ⁸ Sai Saturday
O ⁹	STRIPE WEEK					S ¹⁵
E ¹⁶	 ¹⁷ Jump Kicks with Sensei Anthony	Pre-Masters & Masters Bo ¹⁸ 	 ¹⁹ Upper Body Strength Drills	Work Your Break Falls ²⁰ 	Speed Drills ²¹	 ²² Directional Kata
D ²³	 ²⁴ Migi Monday	Working Chambers With Your Friend Named Chambers in Chamberville ²⁵	GRADING NIGHT ²⁶ 	Lower Body Strength Drills ²⁷ 	 ²⁸ Kata Clean Up	Line Drills ²⁹