



# August 2020

## Northern Karate Maple

225 McNaughton Rd

Maple, Ontario

905-303-5202

maple@northernkarate.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Kicking & Stances
2 Dojo Closed	3 Civic Holiday Dojo Closed	4 Plyometric Drills Black Belts: Tonfa	5 Stretch & Strengthen Black Belts: Bo	6 Cardio Combat ®	7 Movement & Sparring Drills	8 Kata Review
9 Dojo Closed	10	11	12	13	14	15
<b>Stripe Week</b>						
16 Dojo Closed	17 Reaction Drills Black Belts: Sai	18 Break falls Black Belts: Oar	19 Self Defence Solo Drills	20 Kata Review	21 Solo Ground Drills	22 Bo Drills
23 Dojo Closed	24 T-Shirt Day Black Belts: Bo	25 Review Day 1	26 Review Day 2	27 Colour Belt Exam All regular classes cancelled	28 Cardio Combinations	29 Learn a New Kata
30 Dojo Closed	31 Core Conditioning Black Belts: Nunchaku					

## News

**August 3rd**  
Dojo is Closed for the long weekend

**August 24th**  
Wear your favorite T-Shirt to class

**August 27th**  
Colour Belt Exam Dojo Classes & Zoom is cancelled