

August 2020



Northern Karate School
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 905-265-7777

SAT



Important Dates:
 Dojo Closed Aug 1st to
 Aug 3rd. for the Civic
 holiday long weekend.

Aug 13 all regular
 classes are cancelled
 for Colour Belt Exams.

Aug 17 to Aug 22 we will
 be conducting Stripe
 Assessments in class for
 all Novice, BBM &
 Pre/Master students.

Aug 17 we will be
 conducting Stripe
 Assessments for White,
 Green and Purple belts
 on Zoom during their
 regular Zoom classes.

Aug 18 we will be
 conducting Stripe
 Assessments for Yellow,
 Blue & Adv Purple belts
 on Zoom during their
 regular Zoom classes.

Aug 19 we will be
 conducting Stripe
 Assessments for
 Orange, Adv Blue &
 Brown belts on Zoom
 during their regular
 Zoom classes.

Aug 20 we will be
 conducting Stripe
 Assessments for
 Adv Brown Belts on Zoom
 during their regular
 Zoom classes.

SUN	MON	TUES	WED	THUR	FRI	SAT
2 Dojo Closed	3 Dojo Closed Civic Holiday	4 Improve your Kicks	5 Blocks & Counters	6 Pre/Mas: Tonfa	7 Fitness Friday	1 Dojo Closed
9 Dojo Closed	10 Pre/Mas: Sai	11 Train in your T-Shirt	12 Pre/Mas: Kama Basics Black Belts: Kama Kata	13 Colour Belt Exams All Classes Cancelled In Dojo and Zoom grading to start at 5:30pm	14 BBM & Pre/Mas: Bo Basics Black Belts: Adv Bo Techniques & Kata	15 Sparring Drills
16 Dojo Closed	17	18	19	20	21	22
In Dojo Novice/BBM/Pre/Masters Stripe Week						
	White, Green & Purple Belt Stripe Assessments on Zoom During regular Zoom class	Yellow, Blue & Adv Purple Belt Stripe Assessments on Zoom During regular Zoom class	Orange, Adv Blue & Brown Belt Stripe Assessments on Zoom During regular Zoom class	Adv Brown Belt Stripe Assessments on Zoom During regular Zoom class		
23 Dojo Closed	24 Black Belts:Oar	25 BBM: Bo Basics Pre/Mas: Bo Kata	26 Sparring Drills	27 Black Belts: Tekko Basics & Kata	28 Curriculum Self Defense	29 Karate Circuit Training
30 Dojo Closed	31 Black Belts: Wankan Kata	*Please check your Emails frequently for any School news and correspondence.				