



Northern KARATE

ROOTED IN TRADITION SHAPING THE FUTURE

Scarboro
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416 294 7535

AUGUST 2020

TUE	WED	THU	FRI	SAT
^S Touchless kumite 4	^K Stances only kata 5	^S Sanbon self defence 6	^K Required kata part 1 7	^S Conditionning 8
^K Kata with weight 11	^S Review Belt level requirements - Self defence 12	^K Review Belt level requirements - Self defence 13	^S Round House kick 14	^K Bunkai 15
^S	^K	^S	^K	^S
Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing -				
18	19	20	21	22
^S Sticky hands techniques 25	^K Learn your kata bunkai 26	^S Colour Belt exam - No regular classes 27	^K Novice: H3 BBM: Jion MAS: Chibana no sai 28	^S Hook Kicks Spin Kicks Jump Kicks 29

CAMP BLACK BELT

Aug 10 - 14 : a few spots still available

Aug 24- 28 : Full

For more information and to register, visit :

WWW.NKSSCARBORO.COM
/
CAMPBLACKBELT

August 27th

Colour Belt Exams

No regular classes

Only invited students are to come to the dojo. Specific invitations will be sent out.

ACCESS TO THE LIVE CLASSES

Simply go to the zoom meeting using the information below. Just login at the starting time of your scheduled class.

Meeting ID: 947 4749 0911

Password: Scarboro20

www.facebook.com/NKSScarboro