

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



NEWS & EVENTS...

生日快樂

HAPPY BIRTHDAY



ON SEPTEMBER 2ND
 NKS AJAX CELEBRATES
 IT'S 6TH YEAR!



LABOUR
 DAY

September 5th &
 September 7th
 Dojo closed for Labour Day
 Long Weekend



NKS Ajax wishes all
 our students & families
 a safe & healthy
 return to school.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Class Schedule Starts Sept. 8/20 	Clean Basics 	Happy 6th Birthday NKS Ajax 	HEian Kata REVIEW	Superhero T-Shirt Day 	Sorry We're CLOSED	
C 6	LABOUR DAY Sorry We're CLOSED 7	STRIPED WEEK				
L 13	Karate on Your Knees 	Favourite T-Shirt Day 	Zoom Students Train With Sibling Day! 	Non-Contact Sparring Drills Day 1 	Karate Using Dice 	Roundhouse Kicks
S 20	Black Belts Oar 	PJ Day Dojo/Zoom 	Unique Techniques 	Social Distancing Blocking Drills 	Karate Games Day GAMES	Non-Contact Sparring Drills Day 2
E 27	Favourite Zoom Background Day	Skills Review	GRADING NIGHT 	<p>We don't develop courage by being happy every day. We develop it by surviving difficult times and challenging adversity. ...Barbara De Angelis</p>		
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