



# NORTHERN KARATE SCHOOLS AURORA

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9057268886

## September

## BLACK BELT GRADUATION

SEPTEMBER 12<sup>TH</sup> 2020

Ada Johnson Park @ 11am-1am

We would like to Congratulate all our Black Belt Candidates

STRENGTH & HONOUR. You can't cancel "indomitable Spirit" and you don't earn your black belt in one day, you earned it everyday.

Everyday you sacrificed your time and you gave it your all. Through blood, sweat and tears you conquer your fears. A full body, mind and spirit experience, based on strong work ethic, commitment and honour. Respecting yourself, training partners, coaches, mentors, the Dojo, the very art itself. These 2020 candidates are no different, in fact they have sacrificed most. They are being tested in more ways than any black belt before. These amazing Karatekas are overcoming training obstacles, staying focused and motivated... "We salute you" and very much look forward with great anticipation in sharing your incredible day of becoming the next new Black Belt, Senseis or even Senior Instructor. Our challenge is new but the advice is old.

Go with and not against. Improvise, adapt and overcome"  
You can't stop the heart of a warrior.

Congratulations from  
Team Northern Karate

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>THANK YOU FOR YOUR CONTINUED SUPPORT</b></p>	<p>1 Jump and Spin Techniques</p>	<p>2 Slow Kicks</p>	<p>3 Unique Technique</p>	<p>4 Bring a Parent to Train In person (Strickly Pre-Registration)</p>	<p>5 Dojo closed for Labor day</p>
<p>7 Dojo closed for Labor day</p>	<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p>	<p>12 Black Belt Graduation</p>
<p>14 Marvelous Monday</p>	<p>15 Tonfa Tuesday</p>	<p>16 Weapons Wednesday</p>	<p>17 T-shirt Thursday Wear your Superhero T-Shirt</p>	<p>18 Fun Friday</p>	<p>19 Shadow Sparring Saturday</p>
<p>21 Directional Kata</p>	<p>22 BO Basics Masters: Shuji No Kon Dai</p>	<p>23 Work your stances</p>	<p>24 Work your Kicks Masters: OAR</p>	<p>25 Focus on Balance</p>	<p>26 Breakfalls Masters: Nunchaku</p>
<p>28 Solo Self defense</p>	<p>29 Superkicks Day</p>	<p>30 Grading Night Regular kids classes cancelled</p>	<p>NKS Aurora wishes all students a safe and healthy return to School NKS continue to implement health and safety measures. Starting September 8<sup>th</sup>, We would be implementing mandatory mask use for training, as students head back to school we would like to also do our due diligence in keeping everyone safe. If you want to use faceshield you are more than welcome. We remain committed to the health and safety of everyone. If your group has a pod of 6 and would like to schedule a time for group lesson please do not hesitate to give us a call 9057268886</p>		

Please note that the New Schedule effective September 8<sup>th</sup> 2020 with new simplified Meeting ID for online classes