

September 2020



Northern Karate Maple

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Sun	Mon	Tue	Wed	Thu	Fri	Sat																														
		1 Striking Combinations <small>Black Belts: Sai</small>	2 Directional Kata <small>Black Belts: Bo</small>	3 Focus on Balance <small>Masters: Sai</small>	4 Breakfalls & Rolls	5 Dojo Closed																														
6 Dojo Closed	7 Labour Day Dojo Closed	<table border="1" style="width:100%; text-align:center;"> <tr> <td colspan="2">8</td> <td colspan="2">9</td> <td colspan="2">10</td> <td colspan="2">11</td> <td colspan="2">12</td> </tr> <tr> <td colspan="2">In Dojo Stripe Week</td> <td colspan="2">In Dojo Stripe Week</td> <td colspan="2">In Dojo Stripe Week</td> <td colspan="2">In Dojo Stripe Week</td> <td colspan="2">In Dojo Stripe Week</td> </tr> <tr> <td colspan="2"><small>White, Yellow & Purple Stripe Assessment on Zoom during regular Zoom class</small></td> <td colspan="2"><small>Orange, Green & Brown Stripe Assessment on Zoom during regular Zoom class</small></td> <td colspan="2"><small>Blue & Purple Ad. Stripe Assessment on Zoom during regular Zoom class</small></td> <td colspan="2"><small>Blue Ad. & Brown Ad. Stripe Assessment on Zoom during regular Zoom class</small></td> <td colspan="2"></td> </tr> </table>					8		9		10		11		12		In Dojo Stripe Week		In Dojo Stripe Week		In Dojo Stripe Week		In Dojo Stripe Week		In Dojo Stripe Week		<small>White, Yellow & Purple Stripe Assessment on Zoom during regular Zoom class</small>		<small>Orange, Green & Brown Stripe Assessment on Zoom during regular Zoom class</small>		<small>Blue & Purple Ad. Stripe Assessment on Zoom during regular Zoom class</small>		<small>Blue Ad. & Brown Ad. Stripe Assessment on Zoom during regular Zoom class</small>			
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13 Dojo Closed	14 ★ New Schedule Starts Today ★ <small>Black Belts: Nunchaku</small>	15 T-Shirt Cardio	16 Masters: Weapons Wednesday	17 Blocks & Counters <small>Black Belts: Tonfa</small>	18 Self Defense Drills	19 Jumping Drills																														
20 Dojo Closed	21 Improve Your Kicks <small>Masters: Tonfa</small>	22 Kata Review <small>Black Belts: Oar</small>	23 Stretch and Strengthen <small>Masters: Bo</small>	24 Sparring Drills	25 Fitness Friday	26 Stances and Turns																														
27 Dojo Closed	28 Review Day 1	29 Review Day 2	30 Colour Belt Exam <small>All regular classes cancelled</small>	Belt Exam Times 5pm White to Green 6pm Blue to Brown 7pm All Adults																																

NEWS

September 5-7th
Dojo is Closed for the long weekend

September 30th
Colour Belt Exam Dojo Classes & Zoom is cancelled

Stripe Assessment on Zoom

Tue Sep 8th

White
Yellow
Purple

Wed Sep 9th

Orange
Green
Brown

Thur Sep 10th

Blue
Purple Advanced

Fri Sep 11th

Blue Advanced
Brown Advanced