

September 2020



Northern Karate School
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www.northernkarateschools.com



The school will be closed for the Labour Day long weekend.

The colour belt exams will be held on Saturday Sept. 12 at 12:30pm in Dojo and on Zoom. We will be holding regular classes on this day.

Stripe Week will be held the week of Sept. 21 - Sept. 26. Please check the calendar for belt specific stripe days on Zoom.

We will be conducting Black Belt Pre-Tests by invitation only on Sunday Sept. 20.

		TUES	WED	THUR	FRI	SAT	
		1 Pre/Mas: Sai	2 Kicks Spin Kicks & Jump Kicks	3 Line Drills	4 Intermediate Self Defense	5 School Closed Labour Day Long Weekend	
SUN	MON	6 School Closed Labour Day Long Weekend	7 School Closed Labour Day Long Weekend	8 Back to Basics	9 Pre/Mas Tonfa	10 Ground and Pound Partner work on Zoom	
11 Fitness Friday	12 Regular Classes Today Colour Belt Exams 12:30pm Start	13 Dojo Closed	14 BBM: Bo Basics Pre/Mas: Bo Kata	15 Pound the Pads White, Green & Purple Kata Review on Zoom	16 Sparring Combinations Yellow, Blue & Adv Purple Kata Review on Zoom	17 Basic Self Defense Orange, Adv Blue & Brown Kata Review on Zoom	
18 Kicks Lots of Kicks!	19 Karate Circuit Training	20 Dojo Closed Black Belt Pre-Tests by invitation only	21 In class Novice/BBM/Pre/Mas Stripe Week White, Green & Purple Zoom Stripe Assessments	22 In class Novice/BBM/Pre/Mas Stripe Week Yellow, Blue & Adv Purple Zoom Stripe Assessments	23 In class Novice/BBM/Pre/Mas Stripe Week Orange, Adv Blue & Brown Zoom Stripe Assessments	24 In class Novice/BBM/Pre/Mas Stripe Week Adv Brown Zoom Stripe Assessments	
25	26	27 Dojo Closed	28 Sparring Drills	29 Stick Defense	30 Blocks and Counters	Please check your emails regularly for Dojo news and updates.	