



# Northern KARATE

ROOTED IN TRADITION SHAPING THE FUTURE

Scarboro  
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## SEPTEMBER 2020

TUE	WED	THU	FRI	SAT
Touchless kumite 1	90 and 180 turns 2	Work on Speed 3	Kata specific Kihon 4	<b>Dojo closed Labour Day Weekend</b> 5
Learn / improve your new Kata 8	Learn / improve your new Self-Defense 9	Kata MIGI 10	Kick combinations 11	Bunkai 12
Ground work 15	Create your own kata 16	Practice your Self-defence 17	5 count Kata 18	Knife or stick self-defence 19
Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing -				
22	23	24	25	26
Pad work 29	Be a Sensei 30	<b>Colour Belt exam - No regular classes</b> 1		

### September 5

**Dojo closed  
for  
Labour Day  
Weekend**

### Sept - 2020

**Friends &  
Family month**  
**10% off on new  
Novice  
memberships to  
friends and  
family**

### Thursday October 1st

**Colour Belt Exam**

**No regular  
classes**

### 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**

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