

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



NEWS & EVENTS...





















HAPPY THANKSGIVING!!
 Dojo Closed October 10th & 12th
 for Thanksgiving Long Weekend.

GRADING NIGHT
 Wednesday, October 28th
**no regularly scheduled classes.*
**grading form required.*

5:30 pm
 White to Orange Belts advancing
 to their next rank.

7:00 pm
 Orange Adv. to Brown Belts
 advancing to their next rank.

8:15 pm
 Adults
 White to Brown Belts
 advancing to their next rank.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SUCCESS IS THE SUM OF SMALL EFFORTS, REPEATED DAY IN AND DAY OUT. R. COLIER				 5 Count Heian Kata	 2	3 Super Stances 
C 4	STRIPED WEEK 5 6 7			8	9	10 
L 11	 Happy Thanksgiving CLOSED	12 Silent Training 	13  Kata to the Left, Right & Backwards	14  Bo Drills & Bo Kata	15 Endurance Line Drills	16 TONFA FOR MASTERS 
O 18	19  Spin Kicks	20  Speed Kata	21 Weapons Wednesday	22 	23  Super Kick Day	24 Stances, Turns & Line Drills
S 25	26  Boken Workshop	27  GET IT DONE! <input checked="" type="checkbox"/> Plan <input checked="" type="checkbox"/> Prepare <input checked="" type="checkbox"/> Perform Grading Prep. Night	28  EVALUATION <input checked="" type="checkbox"/> Excellent <input type="checkbox"/> Good <input type="checkbox"/> Average <input type="checkbox"/> Poor GRADING NIGHT	29 LOOK WHAT'S NEW! Learn a New Kata	30  Weapon Accuracy	31  HAPPY HALLOWEEN Train in Your Costume
E 25						31
D						