



# NORTHERN KARATE AURORA

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## October

### CONGRATULATIONS

**To our New Black Belts**

#### Nidan

(2nd Degree Black Belt)

Dorsa Vanaki

Tiam Vanaki

Tiffany Kazinczi

Amisha Manek

#### Shodan

(1<sup>st</sup> Degree Black Belt)

Ben Levin

Kelly Li

Vida Dadollahi

#### Shodan Ho

(Black Belt in Training)

Thomas Harrison

Niall Higgins

Aidan Lembcke

Matteo Teal

Silvia Viana

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>"Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny." — Lao-Tze</p>			<p>Sai &amp; Tonfa → 1  Kata Tips &amp; Tricks</p>	<p>2  Wavemasters Drills</p>	<p>3  Jump Kicks &amp; Leg Conditioning</p>
<b>STRIPE WEEK</b>					
<p>5 Bo →  Kihon Basics</p>	<p>6  Kata Review</p>	<p>7  Blocks</p>	<p>8  Kicks</p>	<p>9  Self defense</p>	<p>10  Happy Thanksgiving Dojo Closed</p>
<p>12  Happy Thanksgiving Dojo Closed</p>	<p>13 Sai &amp; Tonfa →  Masters: TEKKO</p>	<p>14  Art of Sparring Without Sparring</p>	<p>15  KATA Stamina</p>	<p>16  Pin Point Ping Pong Ball Drills</p>	<p>17  Roll the Dice Drills</p>
<p>19 Bo →  BO vs BO</p>	<p>20  Curriculum Self Defense</p>	<p>21  Weapons Workshop Wednesday</p>	<p>22  Art of Stick Fighting n defencSe</p>	<p>23  Action N Reaction</p>	<p>24  Slow Kick Saturday</p>
<p>26 Sai &amp; Tonfa →  Tonfa Accuracy</p>	<p>27  Masters: Nunchaku</p>	<p>28  Grading Night Regular Classes Cancelled Adult all belt 8:00pm</p>	<p>29  Learn Your new Kata</p>	<p>30  Japanese terminology</p>	<p>31  TRICK OR TREAT Wear your costume to train: Treats after class</p>

Please check Covid Safety measures and to Pre Register for In-Person Classes at [auroranks.com](http://auroranks.com)



Connect with us Northern Karate Aurora @NKSAurora

