



# October 2020

## Northern Karate Maple

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Maple, Ontario

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <b>Learn a New Kata</b> <small>Black Belts: Nunchaku</small>	2 <b>Self Defense Review</b>	3 <b>Cardio Combinations</b>
4 <b>Dojo Closed</b>	5 <b>In Dojo Stripe Week</b> <small>White, Ad. Blue, Purple Stripe Assessment on Zoom during regular Zoom class</small>	6 <b>In Dojo Stripe Week</b> <small>Yellow, Green, Brown Stripe Assessment on Zoom during regular Zoom class</small>	7 <b>In Dojo Stripe Week</b> <small>Orange, Blue, Ad. Purple Stripe Assessment on Zoom during regular Zoom class</small>	8 <b>In Dojo Stripe Week</b> <small>Ad. Brown Stripe Assessment on Zoom during regular Zoom class</small>	9 <b>In Dojo Stripe Week</b> <small>Stripe Assessment Continued on Zoom during regular Zoom class</small>	10
11 <b>Dojo Closed</b>	12 <b>Kicking Drills</b>	13 <b>Kata Review</b> <small>Black Belts: Sai</small>	14 <b>Self Defense Techniques</b> <small>Black Belts: Bo</small>	15 <b>Balance Drills</b> <small>Masters: Sai</small>	16 <b>Striking Combinations</b>	17 <b>Directional Kata</b>
18 <b>Dojo Closed</b>	19 <b>Strength &amp; Conditioning</b>	20 <b>Sparring Drills</b> <small>Masters: Tonfa</small>	21 <b>Breakfalls &amp; Rolls</b> <small>Black Belts: Oar</small>	22 <b>Cardio Combat ®</b> <small>Wear a T-Shirt Masters: Bo</small>	23 <b>Kata Review</b>	24 <b>Self Defense Review</b>
25 <b>Dojo Closed</b>	26 <b>Improve Your Basics</b>	27 <b>Improve your Flexibility</b>	28 <b>Plyometric Drills</b>	29 <b>Review Day 1</b>	30 <b>Review Day 2</b>	31 <b>Colour Belt Exam</b> <small>All regular classes cancelled</small>

**October 31st**  
**Colour Belt Exam**  
**Dojo Classes & Zoom is cancelled**

**Stripe Assessment on Zoom**

**Mon Oct 5th**  
White  
Adv. Blue  
Purple

**Tues Oct 6th**  
Yellow  
Green  
Brown

**Wed Oct 7th**  
Orange  
Blue  
Adv. Purple

**Thurs Oct 8th**  
Adv. Brown

**Fri Oct 9th**  
Stripe Week Continued

**Belt Exam Times**  
10am White to Green  
11am Blue to Brown