



OCTOBER 2020

NORTHERN KARATE SCHOOL

3883 RUTHERFORD RD, WOODBRIDGE ONT., L4L 9R8

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THE COLOUR BELT EXAM WILL BE HELD SAT. OCT. 3 AT 12:30PM WE WILL BE HOLDING REGULAR CLASSES ON THIS DAY.



SUN MON TUES WED

THUR

FRI

SAT

4	5	6	7	8	9	10
SCHOOL CLOSED	BASICS FROM YOUR S.D.	TONFA TUESDAY WEAPONS REVIEW FOR ADV BROWN ON ZOOM	BREAK FALLS	CARDIO COMBAT® DURING BLACK BELT CLASS WILL BE LIVE ON ZOOM FOR ALL BELTS AND GUESTS 7:20 - 9:00PM 8:15 - 9:00PM CLASS CANCELLED	GROUND AND POUND	HAPPY THANKSGIVING SCHOOL CLOSED
HAPPY THANKSGIVING SCHOOL CLOSED	HAPPY THANKSGIVING SCHOOL CLOSED	KATA WHITE, GREEN & PURPLE KATA REVIEW ON ZOOM	KATA YELLOW, BLUE & AD PURPLE KATA REVIEW ON ZOOM	KATA ORANGE, AD BLUE & BROWN KATA REVIEW ON ZOOM	SPARRING DRILLS & ROUNDS	SAI DRILLS & SAI KATA
18	19	20	21	22	23	24
SCHOOL CLOSED BLACK BELT PRE-TEST BY INVITATION ONLY	IN DOJO NOVICE/BBM/PRE/MAS STRIPE WEEK					
	WHITE, GREEN & PURPLE STRIPE TESTS ON ZOOM	YELLOW, BLUE & AD PURPLE STRIPE TESTS ON ZOOM	ORANGE, AD BLUE & BROWN STRIPE TESTS ON ZOOM	AD BROWN STRIPE TESTS ON ZOOM		
25	26	27	28	29	30	31
SCHOOL CLOSED	BLACK BELTS SOCHIN KATA	BUDO BLISS® WITH RENSU LUCY WILL BE LIVE ON ZOOM FOR ALL BELTS AND GUESTS DURING 7:20-8:00PM CLASS 8:15-9:00PM CLASS CANCELLED	BO DRILLS & BO KATA	POUND THE PADS	KICKS & KICKING COMBINATIONS	TRAIN IN YOUR COSTUME ON ZOOM HAPPY HALLOWEEN

1

LINE DRILLS

2

BO DRILLS & BO KATA

3

REGULAR CLASSES TODAY
COLOUR BELT EXAM
12:30 START TIME

THURS. OCT 8 WE WILL BE HOLDING OUR CARDIO COMBAT® CLASS FROM 7:20 - 9:00PM IT WILL BE LIVE ON ZOOM FOR ALL BELTS AND GUESTS. THE 8:15-9:00PM CLASS IS CANCELLED.

HAPPY THANKSGIVING! THE SCHOOL WILL BE CLOSED SAT. OCT. 10 TO MON. OCT 12. REGULAR CLASSES RESUME TUES. OCT 13.

STRIPE WEEK WILL BE HELD THE WEEK OF OCT. 19 TO OCT. 24. PLEASE CHECK THE CALENDAR FOR BELT SPECIFIC STRIPE DAYS ON ZOOM.

PLEASE CHECK YOUR EMAILS REGULARLY FOR DOJO NEWS AND UPDATES.