



Northern KARATE

ROOTED IN TRADITION SHAPING THE FUTURE

Scarboro
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OCTOBER 2020

TUE	WED	THU	FRI	SAT
		Sept. Colour Belt Exam 1	Kata specific Kihon 2	BSD 6 - 10 3
Learn / improve your new Kata 6	Learn / improve your new Self-Defense 7	Kata MIGI 8	Kicks Spin Kicks Jump Kicks 9	Bunkai 10
Touchless kumite 13	Create your own kata 14	Practice your Self- defence 15	5 count Kata 8 count adv. Kata 16	Conditioning <i>Bring a friend!</i> Black Belt Test 3PM 17
Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing - Stripe Testing -				
20	21	22	23	24
Pad work 27	Advance kata 28	Colour Belt exam - No regular classes 29	Nunchaku 30	Knife or stick self- defence 31

Oct - 2020
Friends & Family
month
Bring a friend or family member to class.
Get \$25 gift card if they sign up

October 17
Bring a friend or family member to the conditioning class

October 17
Black Belt in-dojo Test

October 29
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

www.facebook.com/NKSScarboro