



# Northern Karate Schools- Aurora

15420 Bayview Ave., Aurora ON

NOVEMBER

2020

**KEEPING YOU SAFE  
NKS CONTINUE TO  
IMPLEMENT HEALTH AND  
SAFETY MEASURES.**

- Pre registration required for all classes. **Auroranks.com**
- Mask Required when entering/exiting the dojo  
Optional during training
- Change room temporarily closed.  
Washrooms for emergency use only.
- Water filler open

**KIHON AND CONDITIONING**

Individual Basic Fitness, Flexibility and Strength Training.

Single use pad/wavemaster drills

**KATA**

No contact Form

**KOBUDO**

Traditional Okinawan  
Use your own equipment or  
Disinfected before & after use.

**SPARRING/ SELF DEFENSE  
DRILLS**

Solo Sparring (no gear/No partner)

**Grading Night**

**November 25**

5:15-6:00 pm


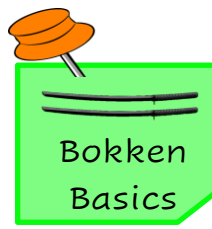





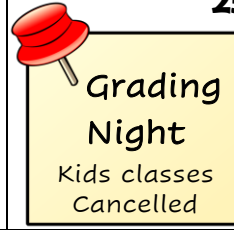


Going to Yellow – Green

7:00-7:45 pm

Green advance and Up

8:00-9:00 pm

Adult all belt class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Bo Week</b> 2 Basically Perfect Monday	3 Basic ★ Self Defense 6-10	4 BO Basics	5  Breakfall Basics	6 Basic Balance Drills	7  Bokken Basics
<b>Sai/Tonfa Week</b> 9	10	11 REembrance day 	12	13	14
<b>STRIPE WEEK</b>					
stances	Breakfalls	Self defense ★	Kicks	blocks	Jump kicks
<b>Bo Week</b> 16 Strength And Conditioning	17  Shadow sparring	18  Directional kata	19 ★ Intermediate Self Defense	20  Migi day	21  Masters Nunchaku
<b>Sai/Tonfa Week</b> 23 Wavemasters attack	24 Work your lower body	25  Grading Night Kids classes Cancelled	26 Learn your new kata	27  Improve your flexibility	28 Reaction drills
<b>Bo Week</b> 30  Masters Knife Defense	"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat." -- Teddy Rosevelt				