

Northern Karate Maple

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November 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Dojo Closed	2 Line Drills	3 Sparring Drills Masters: Bo	4 Learn a New Kata Masters: Sai	5 Explosive Techniques Masters: Tonfa	6 Self Defense Review	7 Jumps & Jump Kicks
8 Dojo Closed	9	10	11 🍒	12	13	14
In Dojo Stripe Week						
	White, Ad. Blue, Purple Stripe Assessment on Zoom during regular Zoom class	Yellow, Green, Brown Stripe Assessment on Zoom during regular Zoom class	Orange, Blue, Ad. Purple Stripe Assessment on Zoom during regular Zoom class	Ad. Brown Stripe Assessment on Zoom during regular Zoom class	Stripe Assessment Continued on Zoom during regular Zoom class	In Dojo Stripe week will continue into the next week if all students have not been assessed.
15 Dojo Closed	16 Improve your Kicks	17 Strength & Conditioning Masters: Tonfa	18 Kata Review Masters: Bo	19 Self Defense Review Masters: Sai	20 Striking Combinations	21 Ground Movement & Breakfalls
22 Dojo Closed	23 Self Defense Techniques Black Belts: Nunchaku	24 Timing Drills Masters: Tonfa	25 Review Day 1	26 Review Day 2	27 Colour Belt Exam All regular classes cancelled	28 Hand Speed Combinations
29 Dojo Closed	30 Kids: Team Kata Black Belts: Sai					

Stripe Assessment on Zoom

Mon Nov. 9
 White
 Adv. Blue
 Purple

Tues Nov. 10
 Yellow
 Green
 Brown

Wed Nov. 11
 Orange
 Blue
 Adv. Purple

Thurs Nov. 12
 Adv. Brown

Fri Nov. 13
 Stripe Week
 Continued

**Friday Nov. 27th
 Belt Exam Times**

**5pm White to Green
 6pm Blue to Brown**