

November 2020

Northern Karate School

3883 Rutherford Rd, Woodbridge Ont., L4L 9R8

905-265-7777, Rutherford@northernkarate.com



The colour belt exams will take place on Sat. Nov. 7
Start time is 12:30pm
Please check your emails for further details.

Please review the Week A and Week B schedules before attending your classes. We have added another Stripe Week to accommodate both Week A and Week B schedules in class.

Pre/Masters & Masters please come prepared to class with your own weapons on the weapons theme days.

Please check your emails regularly for Dojo news and updates.

SUN MON TUES WED THUR FRI SAT

1 School Closed <small>Clocks turn back an hour</small>	2 Week A Self Defense Combinations	3 Break Falls	4 Pound The Pads	5 BBM: Sai Drills Pre/Mas: Sai Kata	6 Sparring Combinations	7 Regular Classes Today Colour Belt Exam 12:30pm Start
8 School Closed	9 Week B	10	11 	12	13	14
In class Novice/BBM/Pre/Mas Stripe Week						
	White, Green & Purple Zoom Stripe Tests	Yellow, Blue & Adv Purple Zoom Stripe Tests	Orange, Adv Blue & Brown Zoom Stripe Tests	Adv Brown Zoom Stripe Tests		
15 School Closed	16 Week A	17	18	19	20	21
In class Novice/BBM/Pre/Mas Stripe Week						
	White, Green & Purple Zoom Stripe Tests	Yellow, Blue & Adv Purple Zoom Stripe Tests	Orange, Adv Blue & Brown Zoom Stripe Tests	Adv Brown Zoom Stripe Tests		
22 School Closed	23 Week B Improve your Kicks	24 BBM: Tonfa Drills Pre/Mas: Tonfa Kata	25 Sparring Drills Focus on Footwork	26 BBM: Bo Drills Pre/Mas: Bo Kata	27 Ground and Pound	28 Regular Classes Today Higher Dan Pre-Tests by invitation only 12:30pm Start Time
29 School Closed	30 Week A Black Belts: Oar	Please stay home if you are feeling sick and remember to wear your mask to class.				