













**Northern Karate Schools - Ajax**  
**338 Rossland Rd. East (905) 683-0777**  
***JANUARY 2021*** [www.northernkarate.com](http://www.northernkarate.com)



**NEWS & EVENTS...**  
**Fullfill Your**  
**New Year's Resolutions!**

Get Fit & Have Fun!  
 Challenge Yourself!  
 Now is a great time to start!  
 Ask us about our Start-up Membership

SPECIAL ADULT WORKSHOPS  
 Thursday Night Adult Classes will consist of a Karate Class, History of Karate and Martial Arts, Meditation, Specialized Seminars, Stretching Workshops and More.  
 All Junior Black Belts are invited to join us on Zoom for the Adult Workshops.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
C 31	Tough times never last, but tough people do. Robert H. Schuller				HAPPY NEW YEAR 2021 1	Sorry We're CLOSED 2
L 3 	Dojo Re-Opens 4 WELCOME BACK	Cat Stance & Sanchin Stance 5	 Belt Tying 101 6	Junior Classes: Heian 1 to 8 Special Adult Workshop 7	Better Stances (Longer, Lower & Wider) 8 	Saturday Sai 9 
O 10	STRIPE WEEK					
S 17	Work Your Jumps 18 	Kata to the Right 19 	HAND TECHNIQUES WITH PROPER FORM 20 	Junior Classes: Japanese Terms Special Adult Workshop 21	Kicking Combinations 22 	Balance Drills 23 
E 24	REVIEW For Grading 25 	GRADING NIGHT 26 	Junior Classes: Jump Kicks Special Adult Workshop 28	Bo 29 	Breakfalls 30 