



NORTHERN KARATE SCHOOLS AURORA

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January 2021



*v. Martinez
10/05/20*

We have just revamped the Zoom schedule again. All classes have been affected. Please check the new schedule. WE have also changed the Meeting Id for a simplified signing in. New Password will be on a separate email You can always download schedule at www.northernkarate.com Or at Auroranks.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
May this New Year put an end to all the sufferings due to the pandemic and fill our lives with goodness and happiness. We would like to Thank you all for your Continued support as we head into 2021					1 HAPPY NEW YEAR	2
4 WELCOME BACK to Basics Long weapons week	5 Kata Clean Up	6 Kata Oar Kata	7 Thai Pad Thursday	8 Learn to turn	9 Leg Conditioning and Jump Kicks	
11 Please send a video for stripe assessment short weapons week	12 Stances and Strikes	13 Kicking Drills	14 Tonfa Thursday	15 Pad Power	16 Super Sai Saturday	
18 Kicking from the ground Long weapons week	19 Family Self Defense Bring your Family to class	20 Weapons Wednesday	21 Pin Point Ping Pong Drills	22 Spar Combo	23 Bo Drills and Kata	
25 Nunchaku* Workshop short weapons week	26 Bunkai	27 Grading Night Regular Kids Classes Cancelled Adults regular time	28 Learn your New Kata	29 Game Day	30 Hand Techniques	
*You can Purchase a Nunchaku ahead of the class Wood \$50 foam \$20			Congratulations to our New Black Belts You all did great!! Proud to be a small part of your incredible journey.			

Hope smiles from the threshold of the year to come, whispering "it will be happier." —Alfred Lord Tennyson