

January 2021

Northern Karate School
 3883 Rutherford Rd, Woodbridge On L4L 9R8
 905-265-7777, Rutherford@northernkarate.com
 www.northernkarateschools.com



FRI

SAT



Please try to have a partner ready for the following classes
 Jan 9, Jan 15, Jan 18
 Jan 19, Jan 21 & Jan 29.
 If you do not have a partner you can still participate in class.











Sparring Days:
 Jan 18 & Jan 29
 Please have your sparring gear on and ready for class. If possible try to have a partner ready for these classes.



The colour belt grading will take place on Saturday Jan 30 at 12:30pm. Regular classes are still ongoing.



SUN MON TUES WED THUR

3	4 Week B Kata Review	5	6	7	8	9
		Zoom Novice/BBM/Pre/Mas Stripe Week				★Partner Work <small>(Have a parent or sibling available for class)</small>
	Black Belts: Sai			Black Belts: Bo		
10	11 Week A	12	13	14	15  ★Pad Drills <small>(Have a parent or sibling available for class)</small>	16 Circuit Training
	Zoom Novice/BBM/Pre/Mas Stripe Week					
	Black Belts: Oar		Black Belts: Tekko	Black Belts: Kata Review		
17	18 Week B  ★Sparring Combinations <small>Have your sparring gear on and ready for class (BBM/Pre/Mas)</small>	19 ★Distance & Timing Drills <small>(Have a parent or sibling available for class)</small>	20  Kata	21 ★Pound The Pads <small>(Have a parent or sibling available for class)</small>	22 Curriculum Self Defence 1-5 <small>(BBM/Pre/Mas)</small>	23 Train with your Parents or Family members
24	25 Week A BBM: Bo Basics Pre/Mas: Bo Basics & Kata	26  Novice/BBM: Improve your Kicks  Pre/Mas: Sai & Tonfa	27 Curriculum Self Defence 6-10 <small>(BBM/Pre/Mas)</small>	28  Kata	29  ★Sparring Drills <small>Have your sparring gear on and ready for class (BBM/Pre/Mas)</small>	30  Colour Belt Grading 12:30pm Start time Regular classes still ongoing

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 If York Region is still in the Grey zone and locked down, Week A and Week B schedules do not apply to Zoom classes. You are able to take Zoom classes every day.