

Northern Karate Schools - Ajax
338 Rossland Rd. East (905) 683-0777

MAY 2021 www.northernkarate.com



NEWS & EVENTS...

Special Dates:



NKS Ajax wishes all our amazing Moms who keep our families running smoothly a truly amazing day on May 9th.



Closed for Victoria Day Long Weekend on Saturday, May 22nd & Monday, May 24th.

Coming soon...



Black Belt Pre-Test & Black Belt Graduation in June, 2021

*a separate email with exact dates will be sent out based on updated Ontario health guidelines and closures.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
C L O S E D	30	31 Makeover Monday Review Lower Katas	It is often during the most challenging times where there is the greatest opportunity to redefine yourself. ...Shilagh Mirgain PHD				1 Kata to the Right
	2	3	4	5	6	7	8
	STRIPE WEEK						
	9 Happy Mother's Day!	10 3 Step Drills	11 日本 SPEAK JAPANESE In Class	12 Directional Kata	13 Learn a Bo Waza	14 Sparring Drills	15 BASIC-LY PERFECT SATURDAY
	16 BBM & Pre-Masters - Bo Black Belts - Oar	17 Work Your Weak Side	18 Virtual Sparring	19 NUNCHAKU NIGHT	20 Fast & Furious Friday	21 Sorry We're CLOSED	22
	23 Victoria Day Sorry We're CLOSED	24 Review For Grading	25 GRADING NIGHT	26 A Excellent B Good C Average D Poor	27 FIT TO FIGHT	28 Cat Stance & Sanchin Stance	29 Super Sai Saturday