



Greeting To Our Social-Distancing Dojo Family

We continue to monitor the situation for a safe dojo re-opening.

We will keep all of you updated on any news we receive.

We hope it will be very soon!

Please visit our website at www.nksmarkham.com for our weekly LIVE online Zoom classes for all belt levels.

All students can access these classes through ZOOM.US.

Also, please continue to check your email for our latest updates and information. And if you have not received any emails from us in the last few weeks, please send us an email to

markham@northernkarate.com

and update your email address with us.

We are so thankful and grateful to our students and to our dojo community for supporting our local business during this chaotic time.

Stay healthy, dear friends!



MON	TUE	WED	THU	FRI	SAT	SUN
					1 REQUIRED KATA	2
3 NO IN-PERSON OR ONLINE CLASSES DURING LOCKDOWN	4 VIRTUAL BELT TESTING *NO REGULAR CLASSES*	5 REQUIRED KATA	6 SPIN KICKS	7 REQUIRED KATA	8 NUNCHAKU WORKSHOP	9 VIRTUAL HUGS TO ALL OUR DOJO MOMS
10 NO IN-PERSON OR ONLINE CLASSES DURING LOCKDOWN	11 REQUIRED KATA	12 SPARRING KICKING COMBOS	13 REQUIRED KATA	14 BREAKFALL FRIDAY	15 REQUIRED KATA	16
17 NO IN-PERSON OR ONLINE CLASSES DURING LOCKDOWN	18 MASTERS OAR	19 REQUIRED KATA	20 BOOTCAMP	21 REQUIRED KATA	22 DOJO CLOSED FOR LONG WEEKEND	23
24/31 NO IN-PERSON OR ONLINE CLASSES DURING LOCKDOWN	25 REQUIRED KATA	26 CURRICULUM SELF DEFENCE	27 REQUIRED KATA	28 STUNT SCHOOL	29 REQUIRED KATA	30

Life is like photography - we develop from the negatives.

