

May 2021

Northern Karate School

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www.northernkarateschools.com



SAT



The April colour belt exams will run on Sat. May 8 at 12:20pm on Zoom.

Please log onto Zoom from May 11-13 and May 17-18 to be assessed for a stripe.


Shodan-Ho, Nidan & above candidates, please make note of special prep class days to get ready for your exams. These classes will be held on Zoom for the time being.

We will be closed Mon. May 24 for Victoria Day

The May colour belt exams will be held on Sat. May 29 at 12:20pm. There are regular classes ongoing that day.

1 Week B

Bo Basics & Bo Kata
(BBM/Pre/Mas)

SUN	MON	TUES	WED	THUR	FRI	SAT
2	3 Week A Focus Pad Combinations	4 Novice/BBM: Int. S.D. 1-5 Pre/Mas: Int. S.D. 5-10 Black Belts: Oar	5 Kata	6 Speed & Accuracy Drills <small>Black Belts Nidan Candidates & Up Exam Prep Class 6:30pm - 7:15pm on Zoom</small>	7 Novice/BBM: Stance & Balance Drills Pre/Mas: Bo Kata	8 Sparring Combinations (Novice/BBM) Pre/Mas: Sai & Tonfa April Colour Belt Exams Start time 12:20pm
9  Happy Mother's Day	10 Week B Stripe Week Prep Class <small>Black Belts Nidan Candidates & Up Exam Prep Class 6:30pm - 7:15pm on Zoom</small>	11 12 13 Zoom Stripe Week			14 Point Sparring Drills & Combos	15 Power Pad Drills <small>12:20 - 1:00pm Adv Brown 4 Stripe Exam Prep Class on Zoom</small>
16	17 Week A Zoom Stripe Week <small>5:45 - 6:25pm Adv Brown 4 Stripe Exam Prep Class on Zoom</small>	18 <small>Black Belts Nidan Candidates & Up Exam Prep Class 6:30pm - 7:15pm on Zoom</small>	19 Locks & Escapes Try and have a partner available	20 Kata Black Belts: Bo & Sai kata set	21 Improve your Kicks Jump & Spin Kicks Green belts & higher	22 Karate Circuit Training <small>12:20 - 1:00pm Adv Brown 4 Stripe Exam Prep Class on Zoom</small>
23	24 Week B Happy Victoria Day Dojo Closed	25 Kata	26 Karate Training using a Chair	27 Distance & Timing Drills	28 Novice: Line Drills BBM: Bo Basics Pre/Mas: Bo Kata	29  Colour Belt Exam Start time 12:20pm Regular classes ongoing
30	31 Week A Kata	*Keep an eye out for our Mother's Day promotion. Ask the office staff for further details.				