

# Northern Karate Schools Aurora

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May

"Parents can only give good advice or put them on the right paths, but the final forming of a person's character lies in their own hands." – Anne Frank



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Women's Self Defense class for Mother's Day</b> Bring Mommy to train on May 8 <sup>th</sup> Novice & BBM :11:30-12:15pm Masters & Pre masters : 12:30 – 1:15pm		Everyone is invited... wear your comfortable clothes, have a water ready and a smile <b>Cardio Combat® Fitness Workout W/ Sensei Darrin</b> May 21 at 7:00pm All other classes Cancelled			<b>1</b>  Super Sweat Saturday
<b>3</b>  Sparring Gear Optional	<b>4</b>  Low stances + High Kicks	<b>5</b>  Ground Movement w/ Dummy	<b>6</b>  Jump Kicks Masters: Spin Kicks	<b>7</b>  Introduction To Weapons	<b>8</b>  <b>Women's Self Defense</b> Bring Mommy to class
<b>Stripe week</b>					
<b>10</b>  Stances/blocks	<b>11</b>  kicks	<b>12</b>  Lower kata review	<b>13</b>  strikes	<b>14</b>  Self defense	<b>15</b>  weapons
<b>17</b>  Back to Basics	<b>18</b>  BBM: BO Masters Tekko	<b>19</b>  Nunchaku Workshop	<b>20</b>  Crazy Kama	<b>21</b>  Cardio Combat® Fitness Workout @ 7pm <b>w/ Sensei Darrin</b> All other classes cancelled	<b>22</b>  <b>Victoria Day</b> Long weekend Dojo closed May 22-may24
<b>24</b>  <b>Victoria Day</b> Dojo Opens May 25th	<b>25</b>  Sword Training	<b>26</b>  <b>Grading Night</b> Regular classes Cancelled Adult class 7:15 pm	<b>27</b>  Stick and Knife defense	<b>28</b>  Defense Against Kicks	<b>29</b>  Super Sai Saturday
<b>31</b>  Combination Drills	Calling all Mothers and Fathers! May and June are all about you. Take advantage of our special promotion. Now more than ever, exercise should be our greatest friend. <b>Mother's Day and Father's Day Promotion</b> Start Your Journey to Better Health and better you!				Sign up for Novice Program during the month of May and June and receive our special Mother's Day + Father's Day Pricing and gift.