

NORTHERN

KARATE SCHOOLS - AURORA





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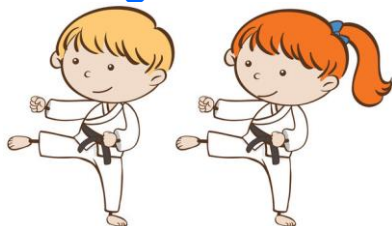
www.northernkarate.com

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Its been a Challenging Year, and were grateful for your continued support. If theres anything that the past year and a half has taught us is that Health, Fitness and connection play a vital role in our Physical, mental, spiritual and emotional well being. With Stage 2 underway and Stage 3 just around the corner, NKS is ready to welcome you home with in-person outdoor and online classes via zoom. Complimentary refresher sessions and 24/7 student portal. We've miss you and will help you stay on track or resume training safely.

July 2021

SUMMER 2021 CAMP BLACK BELT July 19-23 & August 23-27



Come join us for 2 weeks of fun, friendship, fitness and martial arts skill! Mornings are dedicated to Karate training. fun activities in the Afternoons Efforts will be taken to maximize outdoor time if weather permits. There is a limit of 10 students per camp week to allow for enough space for students to train comfortably and properly distanced. Please feel free to send us a message with any further inquiries! Our spots are filling up quickly! Register through this link to reserve your spot today!

[SUMMER CAMP 2021](#)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NEW ONLINE & IN-PERSON OUTDOOR SCHEDULE Effective July 5 th , 2021 In-person classes will be outside so be sure to wear running shoes when you attend. If the weather does not permit, all classes will be on Zoom. To book your in-person Outdoor class click the link below STUDENT PORTAL			1	2	3
			Dojo closed July 1 - 4 Training Resumes July 5 th		
5 Sai/Tonfa week > Basically Perfect Monday	6 Kick Defense	7 Kata Marathon	8 Sparring 101	9 Basic Self Defense 1-5 Focus Pads	10 Circuit Training
12 Bo week >	13	14	<h1>Stripe week</h1>		17 Kids: Jump Kicks
19 Sai/Tonfa week > Break Falls and Ground Movement	20 Endurance Line Drills	21 Sparring Distance & Timing			22 Nunchaku
26 Bo week > SWORD fun	27 BO Masters: OAR	28 Grading Night	29 Learn your new Kata	30 Be a Sensei	31 Dojo Closed for Civic Long Weekend

When we rebuild a house, we are rebuilding a home. When we recover from disaster, we are rebuilding lives and livelihoods. - Sri Mulyani Indrawati