

Northern Karate- Thornhill/North York In-Person Schedule

	MON	TUES	WED	THURS	FRI		SAT	SUN
10:00-11:00	All Belts Adults				All Belts Adults	9:15-9:45	White Belt 7 and under	White Belt 7 and under
4:15-4:45	White Belt 7 and under	White Belt 7 and under	White Belt 7 and under	White Belt 7 and under	Shodan Prep Nidan Prep Sandan Prep By Invitation Only	9:50-10:20	Yellow/ Yellow Adv 7 and under	Orange to Green Belt 7 and under
4:50-5:20	Yellow/ Yellow Adv 7 and under	Orange to Green Belt 7 and under	Yellow/ Yellow Adv 7 and under	Orange to Green Belt 7 and under		10:25-11:05	Blue to Purple Belt 9 and under	Purple to Brown Belt 10 and under
5:25-6:05	Blue to Purple Belt 9 and under	Purple to Brown Belt 10 and under	Blue to Purple Belt 9 and under	Purple to Brown Belt 10 and under		11:10-11:50	Brown Adv Belt 13 and Under	White to Orange Belt 8-13 yrs
6:10-6:50	Brown Adv Belt 13 and Under	White to Orange Belt 8-13 yrs	Brown Adv Belt 13 and Under	White to Orange Belt 8-13 yrs		11:55-12:35	Green to Blue Adv Belt 8-13 yrs	Purple to Brown Belt 11-13 yrs
6:55-7:35	Green to Blue Adv Belt 8-13 yrs	Purple to Brown Belt 11-13 yrs	Green to Blue Adv Belt 8-13 yrs	Purple to Brown Belt 11-13 yrs		12:40-1:20	Shodan/ Nidan 11-13 yrs	White to Orange Belt Adult
7:40-8:20	Shodan/ Nidan 11-13 yrs	White to Orange Belt Adult	Shodan/ Nidan 11-13 yrs	White to Orange Belt Adult		1:25-2:05	Green to Blue Adv Belt Adult	Brown Adv to Nidan Adult
8:25-9:05	Green to Blue Adv Belt Adult	Brown Adv to Nidan Adult	Green to Blue Adv Belt Adult	Brown Adv to Nidan Adult		2:10-2:50	Purple to Brown Belt Adult	Sandan/Yondan Adult
9:10-9:50	Purple to Brown Belt Adult	Sandan/Yondan Adult	Purple to Brown Belt Adult	Sandan/Yondan Adult				

Schedule is effective June 14th, 2021

If you, your child or any household members are ill, have a cough, sore throat or fever we ask that you stay home.

Students are to come to class already dressed in their uniforms with foot wear that is easily removed. Changerooms will be closed. Washrooms may be used in an emergency and will be cleaned after each use.

Bring water bottles as the water fountain will also be closed, also bring your Curriculum Manual.

Leave sparring bags home.

All persons entering or remaining at Northern Karate and the Dufferin Corners Plaza shall wear a mask or face covering which covers the nose, Mouth and Chin as required under City of Toronto By-Law 541 2020.

Students will wait outside the entrance (keeping a safe social distance) before classes start. The doors will be locked between classes and will reopen once the previous class has left through the designated exit door.

We ask that no spectators enter the premises. For students with anxiety that are unable to attend class without a parent, we ask that only one parent come in to the school and sit on the bench in a designated area.

When students initially come into the school, they will use hand sanitizer to disinfect their hands and then walk to the designated area in the main room where the student will remove their shoes.

Northern Karate- Thornhill/North York Zoom Schedule

	MON	TUES		WED	THURS	FRI		SAT	SUN
4:15-4:45	White Belt 7 and under	White Belt 7 and under	4:30-4:50	Heian Shodan	Heian Shodan	Shodan Prep Nidan Prep Sandán Prep By Invitation Only	9:15-9:45	White Belt 7 and under	White Belt 8-13 yrs
4:50-5:20	Orange to Green Belt 7 and under	Yellow/ Yellow Adv 7 and under	4:50-5:10	Heian Nidan	Heian Nidan		9:50-10:20	Orange to Green Belt 7 and under	Yellow/ Yellow Adv 7 and under
5:25-6:05	Purple to Brown Belt 10 and under	Blue to Purple Belt 9 and under	5:10-5:30	Heian Sandan	Heian Sandan		10:25-11:05	Purple to Brown Belt 10 and under	Blue to Purple Belt 9 and under
6:10-6:50	White to Orange Belt 8-13 yrs	Brown Adv Belt 13 and Under	5:30-5:50	Heian Yodan	Heian Yodan		11:10-11:50	White to Orange Belt 8-13 yrs	Brown Adv Belt 13 and Under
6:55-7:35	Purple to Brown Belt 11-13 yrs	Green to Blue Adv Belt 8-13 yrs	5:50-6:10	Heian Godan	Heian Godan		11:55-12:35	Purple to Brown Belt 11-13 yrs	Green to Blue Adv Belt 8-13 yrs
7:40-8:20	White to Orange Belt Adult	Shodan/ Nidan 11-13 yrs	6:10-6:30	Bassai	Sai		12:40-1:20	White to Orange Belt Adult	Shodan/ Nidan 11-13 yrs
8:25-9:05	Brown Adv to Nidan Adult	Green to Blue Adv Belt Adult	6:30-6:50	Jion	Tonfa		1:25-2:05	Brown Adv to Nidan Adult	Green to Blue Adv Belt Adult
9:10-9:50	Sandan/Yodan Adult	Purple to Brown Belt Adult	6:50-7:10	Enpei	Part 1 Bo		2:10-2:50	Sandan/Yodan Adult	Purple to Brown Belt Adult
			7:10-7:30	Kanku Dai	Part 2 Bo				
			7:30-7:50	Kanku Sho	2 person Kata				
			7:50-8:10	Shodan Kata	Shodan Weapon				
			8:10-8:30	Nidan Kata	Nidan Weapon				
			8:30-9:00	Sandan Kata	Sandan Weapon				

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Zoom Etiquette

Zoom Class ID: **847 0834 7493**, contact thornhill@northernkarate.com or call (416) 999-9345 for password.

The following must be noted on your screen, in this order, so we can monitor your progress:

BELT COLOUR/FIRST NAME/LAST INITIAL

ex: **WHITE/TORA/T.**

