

July 2021



Northern Karate School

3883 Rutherford Rd, Woodbridge Ont., L4L 9R8

905-265-7777, Rutherford@northernkarate.com



The Dojo will be closed on Thursday July 1st for Canada Day.

SUN MON TUES WED THUR FRI SAT

				1 Dojo Closed Happy Canada Day	2 Novice/BBM: Spin & Jump Kicks Pre/Mas: Tonfa Black Belts: Kama	3 Pop Up Outdoor Training Kids White - Adv Blue 10am-10:30am Kids Purple - Adv Brown 10:40am-11:20am All Black Belts Adults White-Brown Adv 11:30am - 12:15pm Training will be at Weston Downs Park Today will be a no device day. There will be no Zoom classes.		
4 New Outdoor Class Schedule Starts Monday July 5th	5 Stripe Week Prep Class Outdoor Training	6 Zoom Stripe Week Black Belts: Oar			7 Outdoor Training	8 Outdoor Training	9 Sparring Rounds Work your Cardio	10 Bo Basics & Bo Kata (BBM/Pre/Mas)
11	12 Zoom Stripe Week Outdoor Training	13 Zoom Stripe Week	14 Line Drills (Novice/BBM) Line Drills with your Weapons (Pre/Mas) Outdoor Training	15 Kata Outdoor Training	16 Focus Pad Friday Black Belts: Suji no kon sho	17 Block & Counter		
18	19 Kata Outdoor Training	20 Sparring Combinations	21 Bo Basics & Bo Kata (BBM/Pre/Mas) Outdoor Training	22 Sai Basics & Sai Kata (Pre/Mas) Outdoor Training	23 Improve your Kicks using a chair	24 Karate Training Stations		
25	26 Pad Drills Outdoor Training	27 Kata	28 Drills to improve your timing & speed Outdoor Training	29 Tonfa Basics & Tonfa Kata (Pre/Mas) Outdoor Training	30 Colour Belt Exams 5:30pm Start Time No classes today	31 School Closed Civic Holiday Long Weekend		

Saturday July 3rd will be an outdoor training session only. There will be no Zoom classes on this day.

Kids White - Adv Blue 10 - 10:30am

Kids Purple - Adv Brown 10:40 - 11:30am

All Black Belts Adults White - Adv Brown 11:30am - 12:15pm

All Classes will be held at Weston Downs Park located at 80 Greenpark Blvd.

There will be a new outdoor class schedule. The new schedule will start on Monday July 5th.

Colour Belt Exams will be held on Friday July 30th
All regular classes are cancelled.

