

**Northern Karate Schools - Ajax**  
**338 Rossland Rd. East (905) 683-0777**  
**OCTOBER 2021** [www.northernkarate.com](http://www.northernkarate.com)



# NEWS & EVENTS...

**CALLING ALL PINK WARRIORS!**  
 Join NKS in the fight against



See Email /  
 Facebook / Flyers  
 Or Senseis for  
 More Details

OCTOBER IS BREAST CANCER AWARENESS MONTH



HAPPY THANKSGIVING!!  
 Dojo Closed October 9th & 11th  
 for Thanksgiving Long Weekend.



100 Kata for Karate Day  
 Oct. 23, 2021 12:30 - 3:00 pm  
 Adult Class Cancelled  
 Black Belt Candidates Must  
 Participate

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>C</b>  31 <b>NKS Ajax Wishes You a Safe Halloween</b>	The Bamboo That Bends is Stronger Than The Oak That Resists. Japanese Proverb			 1 <b>Basic SD 1 - 10</b>	 2 <b>Focus on Stances</b>	
<b>L</b> 3	<b>STRIPE WEEK</b>					9 
<b>O</b> 10	11 	12 	13 	14 <b>Legs Only Sparring</b> 	15 <b>BO vs. BO</b> 	16 
<b>S</b> 17	18 	19 <b>Silent Training</b> 	20 <b>Sparring Games</b>	21 	22 	23 <b>Pad Drills &amp; 100 KATA FOR KARATE DAY in Okinawa</b>
<b>E</b> 24	25 	26 <b>GRADING NIGHT</b> 	27	28 	29 <b>5 &amp; 8 Count</b> 	30 
<b>D</b>						