

NORTHERN KARATE SCHOOLS - AURORA

15420 Bayview Ave., Aurora ON L4G 7J1

AURORANKS.COM

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905-726-8886

OCTOBER



Dojo closed October 9-11
Training resumes October 12

**FRIDAY FAMILY
Fit to Fight
w/ Sensei Darrin**

**October 22, 2021
6:45-7:45**

Only 20 Spots available

**TRICK or TREATS
TRAIN IN YOUR COSTUME**
October 30th all Kids classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Sai & Tonfa week	Black Belt Pre Test Shodan-Ho & Nidan OCTOBER 9 12:30-3			Congratulations to everyone that passed the first round of Black Belt Pre Test Wishing you the best on the Grading		1 Speed Power Friday	2 Crash Mat Saturday
Bo & Oar week	4 Basic Self Defense 1-5	5 Sparring Combo 	6 Basics Self Defense 6-10	7 Kicking from the ground up	8 Work Your Turns	9 Dojo Closed For Thanksgiving	
Sai & Tonfa week	11 Dojo Closed For Thanksgiving	<h1>Stripe week</h1> 				16 Weapons	
Bo & Oar week	18 Clean Basics	19 Focus Pad Tuesday	20 Sparring 	21 Mlgi Friday	22 FRIDAY FAMILY FIT TO FIGHT w/ Sensei Darrin	23 Training Stations	
Sai & Tonfa week	25 Kool Kama	26 Masters: Shuji no Kon	27 Grading Night Regular Classes Cancelled	28 Sparring 	29 Karate using Dice	30 Adults: Nunchaku Kids : TRAIN IN YOUR COSTUME	

