

OCTOBER 2021

NORTHERN KARATE SCHOOL

3883 RUTHERFORD RD. WOODBRIDGE ON., L4L 9R8

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FRI

SAT



We will be closed Sat. Oct. 9 to Mon. Oct. 11 for the Thanksgiving long weekend.

Stripe Week will run Mon. Oct. 4 to Fri. Oct. 8 There are belt specific days for Stripe testing on Zoom. Please check the calendar for your Zoom Stripe Day.

We will be sparring on the following days:
Wed. Oct. 13
Thurs. Oct. 21
Fri. Oct. 29
Please remember to bring your gear to class.




Please remember to use the Spark Member App to register for your in person classes. Failure to do so may result in not being able to train if your class is full.

The Colour Belt exams will take place on Saturday Oct. 25. All regular classes will be cancelled.

Sun. Oct. 31 we will be conducting Pre-Tests for our Black Belt candidates. The Pre-Test is by invitation only.



SUN MON TUES WED THUR

3	4	5	6	7	8	9
	IN PERSON STRIPE WEEK					
	Zoom White, Green & Purple Stripe Day	Zoom Yellow & Adv Purple Stripe Day	Zoom Orange & Brown Stripe Day	Zoom Blue & Adv Brown Stripe Day	Zoom Adv Blue Stripe Day	Happy Thanksgiving Dojo Closed
10	11  Happy Thanksgiving Dojo Closed	12 BBM: Int. S.D. 1-3 Pre/Mas: Int. S.D. 4-6 Black Belts: Bo Shuji no kon sho	13  Sparring Drills BBM & Pre/Mas remember to bring your gear Grappling: Locks & Submissions 6:40pm Black Belt Class only	14 Kata	15 Focus Pad Friday BBM/Pre/Mas: Jump & Spin Kicks	16 Novice: Break Falls BBM: Hair Grab Defence Pre/Mas: Curriculum S.D.
17	18 Novice: Basic S.D. 1-3 BBM: Hair Grab S.D. Pre/Mas: Stick Defence	19 Kata	20 Novice: Improve your Kicks BBM: Sai & Tonfa Basics Pre/Mas: Sai Kata	21  Sparring Drills BBM & Pre/Mas remember to bring your gear	22 Wrist Grab Self Defence Black Belts: Oar	23 Novice: Line Drills BBM: Intro to Weapons Pre/Mas: Weapons Kata
24	25 Kata Black Belts: Tekko	26 Power Pad Drills Black Belts: Knife Defence	27 Novice/BBM: Block & Counter Pre/Mas: Tonfa	28 Novice: Self Defence BBM/Pre/Mas: Locks & Chokes	29  Sparring Drills BBM & Pre/Mas remember to bring your gear	30 COLOUR BELT EXAM  ALL CLASSES CANCELLED

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BLACK BELT PRE-TEST BY INVITATION ONLY

When you show up to class you are better than your strongest excuse.