

Northern Karate Schools - Ajax
338 Rossland Rd. East (905) 683-0777

NOVEMBER 2021 www.northernkarate.com



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|---|--|---|--|--|--------------------------------|
| | PERFECT YOUR BASICS 1 | Stick Defence 2 Adult Class Nunchaku in Kids' Classes | Sparring Counters 3 | INTERMEDIATE SD 4 | Bunkai: Kata Application Drills 5 | Kobudo 6 |
| C 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| COL 14 | Techs. on the Kick Shields 15 | Sparring 16 | Release From Grabs 17 | Float & Fly With Sensei Anthony 18 | Working Turns & Angles 19 | BO VS. BO 20 |
| SS 21 | Stretching Workshop With Renshi Georgia 22 | 23 | GRADING NIGHT 24 | Fit to Fight Jr. Pre-Masters/ Masters & Adults 25 | LOOK! A Distraction! 26 Distraction Techniques | Work on Your Escapes 27 |
| ED 28 | Breakfalls 29 | SD From The Ground 30 | <p>"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek." ...Barack Obama</p> | | | |

NEWS & EVENTS...



New Class Schedule Coming in November



LEST WE FORGET

November 11th
 Please take a moment to remember the brave Men & Women who sacrificed so much for the Freedom we enjoy



November 18th
Special Workshop
 Jump Kicks With Sensei Anthony



November 22nd
Special Workshop
 Stretching With Renshi Georgia