



# NORTHERN KARATE SCHOOL - AURORA

15420 Bayview Ave., Aurora ON







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www.northernkarate.com

## NOVEMBER

Pre-Register for classes at [Auroranks.com](http://Auroranks.com)

905-726-8886

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BO week	1 Ground Defense	2 Curriculum Self Defense 1-5	3 Speed & Reaction 	4 Bo vs Bo	5 Slow Kicks Friday	6 Balance & Stability
SAI & TONFA week	8 Stances	9 Kicks	10 Strikes	11  Self Defense	12  Sparring	13 Wave Masters PUNCHES & KICKS
BO week	15 Curriculum Self Defense 6-10	16 Sparring Combos 	17 Nunchaku	18 Karate Stations	19 Pad Pounding Friday	20 Kids Flying Kicks
SAI & TONFA week	22 Adult Knife Defense	23 Tonfa Tuesday	24 <b>Grading Night</b> Regular Kids Classes Cancelled Adult class 8:00 pm	25  Sparring 101	26 <b>Fit to Fight</b> w/ Sensei Darrin 7:15 -8:30	27 Sai vs Bo
BO week	29 Sparring Counter 	30 Masters Tekko Tuesday	<b>DECEMBER 18<sup>TH</sup> 2021</b> BLACK BELT GRADUATION BELT AND CERTIFICATE PRESENTATION			

### Family Friday

### Fit to Fight

w/ Sensei Darrin

### November 26

7:15 – 8:30 pm

Join us for a Fun Family Workout class  
Everyone is Invited

Wear something comfortable  
Bring lots of water



**new online class schedule effective November 1, 2021**

"We often take for granted the very things that most deserve our gratitude." - Cynthia Ozick