



NORTHERN KARATE SCHOOLS - AURORA

15420 Bayview Avenue, Aurora ON

aurora@northernkarate.com

**Effective
September 13th 2021**

Please book your class through the student portal: auroranks.com

905-726-8886

MONDAY	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	12-1:00 pm Adult All Belt		12-1:00 pm Adult All Belt		9:30 -10:00 am Novice
KIDS CLASSES					
4:00 - 4:30 pm Novice	4:00 - 4:45 pm BBM	4:00 - 4:30 pm Novice	4:00 - 4:45 pm BBM	4:00 - 4:30 pm Novice	10:15 – 11:00 am Adults All belts
4:30 – 5:15 pm BBM	4:45 – 5:30 pm Masters and Pre Masters	4:30 – 5:15 pm BBM	4:45 – 5:30 pm Masters and Pre Masters	4:30 – 5:15 pm BBM	10:15 – 11:15 am Adult Masters
5:15 – 6:00 pm Masters and Pre Masters	5:30 – 6:00 pm Novice	5:15 – 6:00 pm Masters and Pre Masters	5:30 – 6:00 pm Novice	5:15 – 6:00 pm Masters and Pre Masters	10:15 – 11:00 am Prep Class
6:00 – 6:30 pm Novice	6:00 – 6:45 pm Masters and Pre Masters	6:00 – 6:30 pm Novice	6:00 – 6:45 pm Masters and Pre Masters	6:00 – 6:30 pm Novice	11:30 – 12:15 pm BBM
6:30-7:15 pm BBM	6:45 – 7:15 pm Novice	6:30-7:15 pm BBM	6:45 – 7:15 pm Novice	6:30-7:15 pm BBM	12:30 – 1:15 pm Masters and Pre Masters
7:15 – 8:00 pm Masters and Pre Masters	7:15 – 8:00 pm BBM	7:15 – 8:00 pm Masters and Pre Masters	7:15 – 8:00 pm BBM	7:15 – 8:00 pm Family Class	
ADULT CLASSES					
8:00 - 8:45 pm Adults All Belt	8:00 - 8:45 pm Adults All Belt	8:00 - 8:45 pm Adults All Belt	8:00 - 8:45 pm Adult Pre-masters	8:00 - 8:45 pm Adults All Belt	
8:00 – 9:00pm Adults Masters	8:00 – 9:00pm Adults Masters	8:00 – 9:00pm Adults Masters	8:00 – 9:00pm Adults Masters	8:00 – 9:00pm Adults Masters	

NORTHERN KARATE SCHOOLS' STUDENT CREED

I promise to become the best possible person I can be. With honesty in my heart, confidence in my mind and strength in my body, I will achieve EXCELLENCE and share it with others.

What is your goal?
Black Belt Excellence

What is your quest?
Personal Best

In Person Protocol

1. Stay home if you are sick
2. Come early and In your uniform.
3. Please make a line outside and the staff will let you in
4. Stay in your designated area
5. Mask only on partner drills
6. Bring a filled water bottle

Online class Protocol

1. Log in 5 mins early and stay in class
2. All cameras should be on
3. Wear your uniform and belt
4. Train like you do at the dojo
5. If you have a question raise you hand and wait to be acknowledge (do not disrupt the class in progress)

Zoom meeting ID 88171215374

Call us for Password



For up-to-date
Announcements
check our
facebook Page
Northern Karate
Aurora
or Instagram
@NKSAurora



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ONLINE SCHEDULE

MONDAY	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	12-1:00 pm Adult All Belt		12-1:00 pm Adult All Belt		
KID/TEENS CLASSES					
NKS Willowdale 714 751 9736	NKS Markham 836 8307 3644	NKS Aurora 88171215374	NKS Ajax 399 712 1496		NKS Thornhill 847 0834 7493
4:00 - 4:30 pm BBM 714 751 9736	4:20 - 4:50 pm Novice 836 8307 3644	4:30 - 5:00 pm BBM	4:00 - 4:45 pm BBM	4:30 - 5:15 pm BBM	10:00 - 10:40am Shodan Kata & Kobudo 847 0834 7493
4:35 - 4:50 pm Heian Shodan 714 751 9736	4:45 - 5:30 pm Masters and Pre Masters	5:05 - 5:20 pm Bassai Dai	4:45 - 5:30 pm Masters and Pre Masters	5:15 - 6:00 pm Masters and Pre Masters	10:15 - 11:00 am Adults All belts
4:55 - 5:10 pm Heian Nidan 714 751 9736	6:00 - 6:15 pm Heian Sandan 836 8307 3644	5:25 - 5:40 pm Jion	6:00 - 6:30 pm Novice 399 712 1496	6:30-7:15 pm BBM	
5:15 - 6:00 pm Masters and Pre Masters 714 751 9736	6:20 - 6:35 pm Heian Yondan 836 8307 3644	5:45 - 6:00 pm Enpi	6:35 - 6:50 pm Kanku Sho 399 712 1496		10:40 - 11:20 am Nidan Kata & Kobudo 847 0834 7493
6:30-7:15 pm BBM	6:40 - 6:55 pm Heian Godan 836 8307 3644	6:05-6:20 pm Kanku Dai	6:55-7:10 pm Chibana no Sai 399 712 1496		11:20 - 12:05 am Adult All Belt 847 0834 7493
7:15 - 8:00 pm Masters and Pre Masters	6:00 - 6:45 pm Masters and Pre Masters	6:25 - 7:10 pm Masters and Pre Masters	7:15 -7:30 pm Tokuyama no Tonfa 399 712 1496		11:30 - 12:15 pm BBM
	7:15 - 8:00 pm BBM		7:35 - 7:30 pm Suishi No Kon 399 712 1496		12:30 - 1:15 pm Masters and Pre Masters
ADULTS/TEENS CLASSES					
8:00 - 8:45 pm Adults All Belt	8:40-9:45 Adults All Belt 836 8307 3644	8:00 - 8:45 pm Adults All Belt	8:00 - 8:45 pm Adult Pre-masters	8:00 - 8:45 pm Adults All Belt	 
8:00 - 9:00pm Adults Masters		8:00 - 9:00pm Adults Masters	8:00 - 9:00pm Adults Masters	8:00 - 9:00pm Adults Masters	

Online class Protocol

1. Log in 5 mins early and stay in class
2. Sign-in using the specific daily ID listed. Call for password
3. Set your name in the following format:
Aurora/CharityT (for Aurora)/First Name/Last Name Initial
4. All cameras should be on
5. Wear your uniform and belt
6. Train like you do at the dojo
7. If you have a question raise you hand and wait to be acknowledge (do not disrupt the class in progress)

For up-to-date Announcements
check our facebook Page
Northern Karate Aurora
or Instagram **@NKSAurora**

UNLESS OTHERWISE INDICATED Zoom meeting ID [88171215374](https://www.zoom.us/j/88171215374) Call us for Password