

Northern Karate Schools
 (www.northernkarate.com)
 11160 Yonge St. (905) 508-5811
 Calendar of Events for November 2021



NKS NEWS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	 MAKEOVER Monday... Refining our TECHNIQUE	 2 Cardio Combat w/Shihan 8-9:15pm	3 weapons wednesday	STANCES STANCES STANCES	5 Fast + Flexible Friday	6 Sensei Says....
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COMING THIS DEC...
 Special Ju Nen Kai Graduation Ceremonies as well as special guest Hanshi Cezar Borkowski Dates TBA

STRIPE WEEK

Kata ¹⁵ 	TUESDAY NIGHT SPARRING DRILLS ¹⁶ 	Blending Boxing with KARATE ¹⁷ 	Masters' Stick & Knife Defense w/ Kyoshi ¹⁸	1-10 Basic + Intermediate Self Defense ¹⁹	SUSHI + SAKUGAWA NO Saturday ²⁰
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Masters' Matayoshi Monday ²²	LEG DAY: Kicks + Stances ²³	 Curriculum Check Night ²⁴	GRADING NIGHT ²⁵ 	CLEANSE: Super Sweat Classes ²⁶ 	Masters' Kobudo Workshops ²⁷
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SPARRING SPARRING SPARRING	30 High Intensity Combos Open Hand + Kobudo Basics
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"HARD WORK BEATS TALENT WHEN TALENT DOESN'T WORK HARD"
 -TIM NOTKE

Celebrating Over 40 years of Excellence