


November 2021












Northern Karate School
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Sparring Days 
 Tues. Nov. 2
 Mon. Nov. 15
 Wed. Nov. 24
 Please remember to bring your sparring gear to class on the above mentioned dates.

MON TUES WED THUR FRI SAT

SUN

1	Kata	2  Sparring Point Sparring BBM & Pre/Mas Remember to bring your gear	3 Novice/BBM: Curriculum S.D. Pre/Mas: Locks & Chokes 	4 Kata Black Belts: Kata from lowest to highest.	5  Multiple Opponent Pad Drills BBM/Pre/Mas	6 Novice/BBM: Improve your kicks Pre/Mas: Tonfa 
7	8	9	10	11 	12	13 Novice: Shuto Blocks BBM: Sai & Tonfa Basics Pre/Mas: Weapons Kata 
In Person Stripe Week						
	Zoom White, Green & Purple Stripe Day	Zoom Yellow & Ad Purple Stripe Day	Zoom Orange & Brown Stripe Day	Zoom Blue & Ad Brown Stripe Day	Zoom Ad Blue Stripe Day	
14	15  Sparring Sparring Combo's BBM & Pre/Mas Remember to bring your gear	16 Novice: Breakfalls BBM: Nunchaku Pre/Mas: Stick Defence	17  Focus Pad & Speed Drills	18 Kata	19 Novice: Line Drills BBM/Pre/Mas: Jump & Spin Kicks	20 Novice: Escapes BBM: Bo Basics Pre/Mas: Bo Kata Black Belts: Oar
21	22 Novice: Blocks & Counters BBM: Bo Basics Pre/Mas: Bo Kata Black Belts: Sai Kata	23 Curriculum Self Defence Black Belts: Kama	24  Sparring Sparring Rounds BBM & Pre/Mas Remember to bring your gear	25  Power Pad Drills	26 Kata	27 Colour Belt Exams  All classes cancelled
28	29 Novice: Front, Side, Rear S.D. BBM: Int. Self Defence 1-3 Pre/Mas: Int. Self Defence 5-7 Black Belts: Knife Defence	30 Kata	Success is not final. Failure is not fatal. It is the courage to continue that counts.			

Stripe Week will run Mon. Nov. 8 to Fri. Nov. 12 for in person classes. Please read over the calendar carefully for your Zoom Stripe day.

Every last Sat. of the month we hold our Colour Belt Exams. These are by invitation only. All regular classes will be cancelled on these days. Please remember to not book classes for these days.

Pre/Mas and Black belt students please read over the calendar carefully and bring your weapons to class on the on the assigned days.

Please remember to use the Spark Member app to book your in person classes. If you are experiencing any difficulties using the app please give us a call at the school.