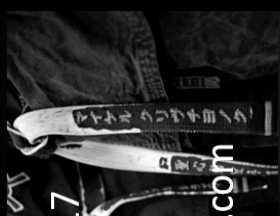



# NORTHERN

thornhill / north york / concord

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## NOVEMBER 2021 IN-PERSON CLASSES

	SUN	MON	TUES	WED	THURS	FRI	SAT	
		1	2	3	4	5	6	
White Belt	 <i>Lest We Forget</i>	Ground Drills Ground & Takedowns	Kicks	Stances	Blocks	-	Strikes	
Yellow to Blue Adv Belt			Kicking Drills	Kata	Striking Drills	-	Basics	
Purple to Brown Belt		Ground Escapes Basic 1-5 2 Person Kata	Kata	Kobudo Basic 6-10 2 Person Kata	Partner Drills	Striking Combos	-	-
Brown Adv Belt		-	-	-	Kata	Kobudo	-	-
Black Belt +		-	Pad Drills	-	Takedown Def.	Submissions	Stand-Up Sparring	★
Combat Veritas®		-	Ground	-	Ground	-	Total	
	7	8	9	10	11	12	13	
White Belt	Concepts	Strikes	Blocks	Kicks	Stances	-	Concepts	
Yellow to Blue Adv Belt	Kata	Kicking Drills	Striking Drills	Ground & Takedowns	Basics	-	Kata	
Purple to Brown Belt	Kata	Sparring ★	Kobudo	Ground Escapes	Kata	Striking Combos	-	
Brown Adv Belt	Intermediate 1-5 2 Person Kata	Intermediate 6-10 2 Person Kata	-	Passive Opponent Control	Basic 1-5 2 Person Kata	Basic 6-10 2 Person Kata	-	
Black Belt +	-	-	Review Day	-	Kata- C	Kobudo- C	Pad Drills	
Combat Veritas®	-	-	Total	-	Stand Up	-	Stand Up	
	14	15	16	17	18	19	20	
White Belt	Ground Drills	Kicks	Ground Drills	Blocks	Strikes	-	Stances	
Yellow to Blue Adv Belt	Basics	Striking Drills	Kata	Sparring ★	Ground/Takedowns	-	Kicking Drills	
Purple to Brown Belt	Kobudo	Kata	Partner Drills	Sparring ★	Kobudo	Ground Escapes	-	
Brown Adv Belt	Kobudo	Kata	-	Intermediate 1-5 2 Person Kata	Passive Opponent Control	Intermediate 6-10 2 Person Kata	-	
Black Belt +	-	-	Takedown Defence	-	Stand-Up Sparring ★	Kata- C	Submissions	
Combat Veritas®	-	-	Ground	-	Ground	-	Stand Up	
(GRAD ASSESSMENT WEEK)	21	22	23	24	25	26	Parents Night Out 27	
White Belt	Jump Drills/ Jump Kicks	Self Defense	Karate Games	Conditioning	Boxing Drills	-	Karate Games	
Yellow to Blue Adv Belt	Jump Drills/ Jump Kicks	Self Defense	Sparring ★	Conditioning	Boxing Drills	-	Karate Games	
Purple to Brown Belt	Sparring ★	Bo Dexterity	Sparring ★	Conditioning	Boxing Drills	Self Defense	-	
Brown Adv Belt	Sparring ★	Ground Escapes	-	Conditioning	Boxing Drills	Kobudo	-	
Black Belt +	-	-	Stand-Up Sparring ★	-	Kobudo- C	Short Stick/Knife	Partner Bo Drills	
Combat Veritas®	-	-	Stand Up	-	Total	-	Total	
	28	29	30	<div style="border: 2px solid red; padding: 10px;"> <p><b>November 27<sup>th</sup> we will be running Parents Night Out</b>                      Drop off your child at the dojo at 5:30pm and pick them up at 9:00pm. We will do a 1 hour fun class, eat pizza and snacks and watch a family friendly movie.                       Register via the app for more detail.                      Cost is \$20/child</p> </div>				
White Belt	Concepts	Blocks	Strikes					
Yellow to Blue Adv Belt	Sparring ★	Striking Drills	Basics					
Purple to Brown Belt	Partner Drills	Striking Drills	Ground Escapes					
Brown Adv Belt	Required Kata	Sparring ★	-					
Black Belt +	-	-	Stand-Up Sparring ★					
Combat Veritas®	-	-	Open Roll					

★ Sparring Gear Mandatory

"Lack of direction, not lack of time, is the problem. We all have twenty-four hour days." ~ Zig Ziglar