


Northern Karate Schools - Ajax
338 Rossland Rd. East (905) 683-0777
JANUARY 2022 www.northernkarate.com



NEWS & EVENTS...



Fullfill Your New Year's Resolutions!
 Get Fit & Have Fun!
 Challenge Yourself!
 Now is a great time to start!



Daruma doll is a hollow, round Japanese traditional doll modeled after Bodhidharma, the founder of the Zen Buddhism. Its design is rich in symbolism and is regarded as a talisman of perseverance and good luck, making it a popular gift of encouragement. The doll is used in the setting of goals.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
C 30 SPAR 'N SWEAT	31 SPAR 'N SWEAT	The New Year is like a blank book, the pen is in your hands, it is your chance to write a beautiful story for yourself. HAPPY NEW YEAR FROM NKS AJAX!			Sorry We're CLOSED	HAPPY NEW YEAR 2022
L 2 Sorry We're CLOSED	3 WELCOME BACK	4 Dojo Re-Opens	5 Heian Kata Review 5 Count	6 Bassai Dai Jion Enpi Review 8 Count	7 Kanku Dai & Sho Review 8 Count	8 Better Stances (Longer, Lower & Wider)
O 9	STRIPE WEEK					15
S 16	17 Spin & Skipping Kicks	18 Tonfa Tuesday	19 Solo Ground Movement	20 Kata to the Right	21 Working Combinations	22 Bo
E 23	24 Work Your Jumps From Katas	25 PADS, PADS & MORE PADS	26 GRADING NIGHT	27 Nunchaku	28 Breakfalls	29 Saturday Sai
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