

January 2022

Northern Karate School
 3883 Rutherford Rd. Woodbridge On., L4L 9R8
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 www.northernkarate.com



SAT



The school re-opens on Mon. Jan. 3. Please check the new class schedule and remember to register for your classes using the app.

SUN MON TUES WED THUR FRI

2	3 Kata <small>New In Person Class Schedule & Zoom Schedule Starts</small>	4 <small>Novice/BBM: Power Pads Pre/Mas: Bo Kata</small>	5 In Person Stripe Week <small>Zoom White & Purple Stripe Day</small>	6 Black Belts: Tekko In Person Stripe Week <small>Zoom Ad Purple Stripe Day</small>	7 In Person Stripe Week <small>Zoom Orange & Green Stripe Day</small>	8 Novice/BBM: Boxing Drills <small>Pre/Mas: Sai & Tonfa</small>
9 <small>Novice/BBM: Breakfalls & Takedowns Pre/Mas: Migi Kata No Zoom Classes on Sundays</small>	10 In Person Stripe Week <small>Zoom Blue & Brown Stripe Day</small>	11 In Person Stripe Week <small>Zoom Yellow & Ad Blue Stripe Day</small>	12 In Person Stripe Week <small>Zoom Ad Brown Stripe Day</small>	13 Sparring Drills <small>(Sparring gear required)</small>	14 Power Pad Combinations <small>Pre/Mas: Sai</small>	15 Kata <small>Pre/Mas: Bo Kata</small>
16 Kata <small>No Zoom Classes on Sundays</small>	17 Stick Defence <small>Kids BBM/Pre/Mas</small> Knife Defence <small>All Black Belt Class Adult BBM/Pre/Mas</small>	18 Sparring Point Sparring Matches <small>(Sparring gear required)</small>	19 Multiple Opponent Pad Drills	20 <small>Novice/BBM: Focus Pads Pre/Mas: Bo Kata</small>	21 Kata <small>Black Belts: Tonfa</small>	22 <small>Novice: Basic S.D. 1-3 BBM: Int. S.D 1-3 Pre/Mas: Int. S.D. 5-7 Black Belts: Kama</small>
23 <small>Novice: Line Drills BBM: Weapons Basics Pre/Mas: Weapons Kata No Zoom Classes on Sundays</small>	24 Sparring Spar a Sensei <small>In kids BBM & Pre/Mas classes (Sparring gear required)</small>	25 Kicking Combinations <small>Black Belts: Oar</small>	26 Kata <small>Sandan: Rochin & Tinbe</small>	27 Cardio Combat® <small>with Sensei Marcela during the All Black Belt and Adult White to Adv Brown Belt classes. Come train in your gym attire. Curriculum Self Defence in all kids classes.</small>	28 Review Day	29 Colour Belt Exam  <small>All classes cancelled</small>
30 Karate Circuit Training <small>No Zoom Classes on Sundays</small>	31 Kata	Remember new In Person and Zoom Class schedules start Jan. 3rd				

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Happy New Year
School Closed

Sparring Days:
Thurs. Jan. 13
Tues. Jan. 18
Mon. Jan. 24

Remember to bring your gear to class on these days.

Pre/Mas Weapons:
Jan 4 Bo
Jan 8 Sai & Tonfa
Jan 14 Sai
Jan 15 Bo
Jan 20 Bo
Jan 21 Tonfa
Jan 23 Bo, Sai, Tonfa

Remember to bring your own weapons to class.

Sat. Jan. 29 is our Colour Belt Exam date. All regular classes are cancelled for the day.