



Northern Karate School Aurora

15420 Bayview Ave., Aurora, ON L4G 7J1

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>"A new year. A fresh start. Same dreams. Feel the fear and do it anyway. 365 new days. 365 chances." HAPPY NEW YEAR</p>					1
3 We hope you had a Peaceful Holiday break	4 WELCOME BACK Training Resumes	5 Curriculum Kata Review	6 Masters: Weapons Review	7 Sparring Rounds 	8 Jump Kicks Saturday
<p>STRIPE WEEK</p>					
10 Stances	11 Kicks	12 Blocks	13 Self Defense	14 Strikes	15 Kids : Sparring Adult: Nunchaku 
17 Check Your Blocks with pads	18 Spar & Sweat 	19 Curriculum Self Defense	20 Kata Applications	21 Fun Friday	22 Circuit Training
24 1-10 Kata & Self Defense	25 Migi Kata	26 Grading Night All kids classes Cancelled	27 Intro To Sparring 	28 Pad Pounding Friday	29 Super Sai Saturday
31 Boken Training	<p>The New Year is here, and with thousands of goals and resolutions in sight as well, Help others fulfil their New Years resolution! Karate is an established system that can better the entirety of your being. Whether you need mental benefits like furthering your discipline muscle, physical benefits like getting in shape, or maybe you're just looking to make some new friends; martial arts is here for you.</p>				

NEWS & EVENTS

CONGRATULATIONS TO OUR NEW SHODANS

(First degree Black Belt)

THOMAS HARRISON

MATTEO TEAL

1. Pre Register for classes at Auroranks.com
2. No Parents allowed inside the dojo until restrictions are lifted
3. Black Belt Prep Class start January 22
4. SUMMER Camp Black Belt Registration Opens January 10



SPARRING DAYS

January 7
January 15
January 18
January 27

Do not forget to Bring your Sparring Gear



Northern Karate Schools Aurora
Or Northern Karate Aurora
IG @NKSAurora