

February 2022




Northern Karate School
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Sparring Days 🥊
Feb 3
Feb 14
Feb 23
Please remember to bring your gear to class

Stripe Week will take place Feb. 7 to Feb. 12. Please check the calendar carefully for Zoom Stripe assessments.


The Dojo will be closed on Monday Feb. 21 for Family Day.


The Colour Belt Exam will take place on Saturday Feb. 26. There will be no regular classes that day.

		TUES	WED	THUR	FRI	SAT
		1 Power Pad Drills Black Belts: Oar	2 Curriculum Self Defence	3  Sparring Sparring Combinations BBM/Pre/Mas Classes (Sparring Gear Required)	4 Novice: Focus Pad Drills BBM: Sai Basics Pre/Mas: Sai Kata   	5  Kata
SUN	MON					
6	7	8	9	10	11	12
In class Novice/BBM/Pre/Mas Stripe Week						
	Zoom Yellow & Brown Stripe Day	Zoom White & Ad Blue Stripe Day	Zoom Blue & Purple Stripe Day	Zoom Green & Ad Purple Stripe Day	Zoom Orange & Ad Brown Stripe Day	
13	14  Sparring Point Sparring Matches BBM/Pre/Mas Classes (Sparring Gear Required)	15 Self Defence against grabs	16  Kata	17 Kicking Combinations Black Belts: Tekko	18 Novice: Basic S.D BBM/Pre/Mas: Stick Defence	19 Novice: Breakfalls BBM: Intro to Weapons Pre/Mas: Bo Kata   
20	21  Happy Family Day School Closed	22  Kata Nidan & Higher: Rochin & Tinbe	23  Sparring Spar a Sensei In kids BBM/Pre/Mas classes (Sparring gear required)	24 Novice: Power Pads BBM: Tonfa Basics Pre/Mas: Tonfa Kata   	25 Kata Review Black Belts: Bo	26 Colour Belt Exams  All classes cancelled
27	28  Kata	February is Family and Friends month. If a family member or friend joins receive a gift!				

See office staff for more details.