

Northern Karate Schools - Ajax
338 Rossland Rd. East (905) 683-0777

MARCH 2022 www.northernkarate.com



NEWS & EVENTS...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bu - Military Shi - Man, Samurai Do - Path/Way Bushido - A strict code of discipline and ethics.	武士道	1 Large Pad Drills	2 Sparring	3 Backwards YAO	4 Breakfalls	5 Terrific Tonfa
C 6	STRIPE WEEK					
L 13 	KATA 14 Bunkai March Break	15 Sparring	16 Pads! Pads! Pads!	17 Happy St Patrick's Day!	18 Silent Teaching	19 SAI SATURDAY
S 20	21 BO	22 Takedowns	23 Kicking Drills With Renshi Georgia	24 Flow Drills	25 NUNCHAKU NIGHT	26 Super Stance Saturday
E 27	28 Fit to Fight	29 KEEP RIGHT Kata to the Right	30 GRADING NIGHT	31 Sparring		

Special Dates:

Mar. 7 to 12/22

Stripe Week!

Mar. 2, 15, 31/22

Sparring!

BBMs, Pre-Masters & Masters - BRING YOUR GEAR TO CLASS!

Mar. 13/22

Daylight Savings Time Begins



Mar. 17/22

Happy St. Patrick's Day!

Fit to Fight

Mar. 28/22

Wear your workout clothes



If you spend too much time thinking about a thing, you'll never get it done.

...Bruce Lee