



NORTHERN KARATE AURORA



15420 Bayview Avenue, Aurora ON

aurora@northernkarate.com

905-726-8886

www.northernkarate.com

ONLINE
SCHEDULE
Effective February 2022

MONDAY	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	12-1:00 pm Adult All Belt		12-1:00 pm Adult All Belt		
KID/TEENS CLASSES					
NKS Willowdale 714 751 9736	NKS Markham 836 8307 3644	NKS Aurora 88171215374	NKS Ajax 399 712 1496	NKS Aurora 88171215374	NKS Thornhill 847 0834 7493
4:00 - 4:30 pm Novice	4:20 - 4:50 pm Novice 836 8307 3644	4:00 - 4:30 pm Novice	4:00 - 4:45 pm BBM	4:00 - 4:30 pm Novice	9:30 - 10:00 am Novice
4:30 - 5:00pm BBM 714 751 9736	4:45 - 5:30 pm Masters and Pre Masters	4:30 - 5:00 pm BBM	4:45 - 5:30 pm Masters and Pre Masters	5:15 - 6:00 pm Masters and Pre Masters	10:00 - 10:40am Shodan Kata & Kobudo 847 0834 7493
5:05 - 5:20 pm Heian Shodan 714 751 9736	5:30 - 6:00 pm Novice	5:05 - 5:20 BassaiDai	5:30 - 6:00 pm Novice	6:00 - 6:30 pm Novice	10:15 - 11:00 am Adults All belts
5:25 - 5:40 pm Heian Nidan 714 751 9736	6:00 - 6:15 pm Heian Sandan 836 8307 3644	5:25-5:40 pm Jion	6:00 - 6:30 pm Novice 399 712 1496	6:30-7:15 pm BBM	10:40 - 11:20 am Nidan Kata & Kobudo 847 0834 7493
5:45 - 6:30 pm Masters and Pre Masters 714 751 9736	6:20 - 6:35 pm Heian Yondan 836 8307 3644	5:45 - 6:00 pm Enpi	6:35 - 6:50 pm Kanku Sho 399 712 1496	  for up to date announcement Instagram @NKSAurora OR Facebook Northern Karate Schools Aurora	11:20 - 12:05 am Adult All Belt 847 0834 7493
6:00 - 6:30 pm Novice	6:40 - 6:55 pm Heian Godan 836 8307 3644	6:00 - 6:30 pm Novice	6:55-7:10 pm Chibana no Sai 399 712 1496		11:30 - 12:15 pm BBM
6:30-7:15 pm BBM	6:00 - 6:45 pm Masters and Pre Masters	6:05-6:20 pm Kanku Dai	7:15 - 7:30 pm Tokuyama no Tonfa 399 712 1496		12:30 - 1:15 pm Masters and Pre Masters
7:15 - 8:00 pm Masters and Pre Masters	6:45 - 7:15 pm Novice	6:25 - 7:10 pm Masters and Pre Masters	7:35 - 7:30 pm Suishi No Kon 399 712 1496		
ADULTS/TEENS CLASSES					
8:00 - 8:45 pm Adults All Belt	8:40-9:45 Adults All Belt 836 8307 3644	8:00 - 8:45 pm Adults All Belt	8:00 - 8:45 pm Adult Pre-masters	8:00 - 8:45 pm Adults All Belt	Last Wednesday Of the Month is Grading Night Online classes are cancelled
8:00 - 9:00pm Adults Masters	8:00 - 9:00pm Adults Masters	8:00 - 9:00pm Adults Masters	8:00 - 9:00pm Adults Masters	8:00 - 9:00pm Adults Masters	

Online class Protocol

1. Log in 5 mins early and stay in class
2. Sign-in using the specific daily ID listed. Call for password
3. Set your name in the following format: **Aurora/CharityT**
For NKS Aurora/First NameLast Name Initial
4. All cameras should be on
5. Wear your uniform and belt
6. Train like you do at the dojo
7. If you have a question raise you hand and wait to be acknowledge

IF YOU DO NOT SEE A MEETING ID

ON THE CLASS YOU'RE ATTENDING PLEASE USE

Zoom meeting ID [88171215374](https://www.zoom.us/j/88171215374) Call us for Password

If you have any questions Please give us a call at 905-726-8886 or email at aurora@northernkarate.com

STUDENT CREED

I promise to become the best possible person I can be.
 With honesty in my heart,
 confidence in my mind and strength in my body,
 I will achieve EXCELLENCE and share it with others.
 What is your goal? **Black Belt Excellence**
 What is your quest? **Personal Best**



NORTHERN KARATE SCHOOLS - AURORA

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**Effective
February 2022**

Please book your class through the student portal: auroranks.com

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MONDAY	TUESDAYS	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	12-1:00 pm Adult All Belt		12-1:00 pm Adult All Belt		9:30 -10:00 am Novice
KIDS CLASSES					
4:00 - 4:30 pm Novice	4:00 - 4:45 pm BBM	4:00 - 4:30 pm Novice	4:00 - 4:45 pm BBM	4:00 - 4:30 pm Novice	10:15 – 11:00 am Adults All belts
4:45 – 5:30 pm BBM	4:45 – 5:30 pm Masters and Pre Masters	4:30 – 5:15 pm BBM	4:45 – 5:30 pm Masters and Pre Masters	4:30 – 5:15 pm BBM	10:15 – 11:15 am Adult Masters
5:30 – 6:00 pm Masters and Pre Masters	5:30 – 6:00 pm Novice	5:15 – 6:00 pm Masters and Pre Masters	5:30 – 6:00 pm Novice	5:15 – 6:00 pm Masters and Pre Masters	11:30 – 12:15 pm BBM
6:00 – 6:30 pm Novice	6:00 – 6:45 pm Masters and Pre Masters	6:00 – 6:30 pm Novice	6:00 – 6:45 pm Masters and Pre Masters	6:00 – 6:30 pm Novice	12:30 – 1:15 pm Masters and Pre Masters
6:30-7:15 pm BBM	6:45 – 7:15 pm Novice	6:30-7:15 pm BBM	6:45 – 7:15 pm Novice	6:30-7:15 pm BBM	1:15 – 2:15 pm Prep Class
7:15 – 8:00 pm Masters and Pre Masters	7:15 – 8:00 pm BBM	7:15 – 8:00 pm Masters and Pre Masters	7:15 – 8:00 pm BBM	7:15 – 8:00 pm Family Class	
ADULT CLASSES					
8:00 - 8:45 pm Adults All Belt	8:00 - 8:45 pm Adults All Belt	8:00 - 8:45 pm Adults All Belt	8:00 - 8:45 pm Adult Pre-masters	8:00 - 8:45 pm Adults All Belt	
8:00 – 9:00pm Adults Masters	8:00 – 9:00pm Adults Masters	8:00 – 9:00pm Adults Masters	8:00 – 9:00pm Adults Masters	8:00 – 9:00pm Adults Masters	

NORTHERN KARATE SCHOOLS' STUDENT CREED

I promise to become the best possible person I can be. With honesty in my heart, confidence in my mind and strength in my body, I will achieve EXCELLENCE and share it with others. What is your goal? **Black Belt Excellence** What is your quest? **Personal Best**

GRADING NIGHT every **LAST WEDNESDAY** of the Month
Regular Kids Classes Cancelled
In Person Protocol

1. Stay home if you are sick
2. Come early and In your uniform.
3. Please make a line outside and the staff will let you in
4. Stay in your designated area
5. Mask only on partner drills
6. Bring a filled water bottle

Online class Protocol

1. Log in 5 mins early and stay in class
2. All cameras should be on
3. Wear your uniform and belt
4. Train like you do at the dojo
5. If you have a question raise you hand and wait to be acknowledge (do not disrupt the class in progress)



For up-to-date Announcements check our facebook Page Northern Karate Aurora or Instagram @NKSAurora

www.northernkarate.com

Zoom meeting ID **88171215374** Call us for Password