

March 2022

Northern Karate School
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 www.northernkarateschools.com



Sparring Days:
 Thurs. Mar. 3
 Tues. Mar. 15
 Mon. Mar. 21
 Wed. Mar. 30
 Please bring your sparring gear on these days.

Stripe Week will run Mar. 7 to Mar. 12. Please check the calendar for Zoom Stripe assessment days.

The Colour Belt Exam will take place on Sat. Mar. 26. There will be no regular classes on this day.



	SUN	MON	TUES	WED	THUR	FRI	SAT
			1 Sai Novice: Power Pads BBM: Sai Basics Pre/Mas: Sai Kata	2 Curriculum Self Defence Black Belts: Grappling & Ground Techniques	3 Sparring Point Sparring Matches (BBM/Pre/Mas) Sparring Gear Required	4 Bo BBM: Bo Basics Pre/Mas: Bo Kata	5 Kata Black Belts: Sai
6	7	8	9	10	11	12	
In Person Novice/BBM/Pre/Mas Stripe Week							
	Yellow & Brown Zoom Stripe Day	White & Ad Blue Zoom Stripe Day	Blue & Purple Zoom Stripe Day	Green & Ad Purple Zoom Stripe Day	Orange & Ad Brown Zoom Stripe Day		
13	14 Bo BBM: Bo Basics Pre/Mas: Bo Kata Black Belts: Bo vs Bo	15 Sparring Sparring Combo's (BBM/Pre/Mas) Sparring Gear Required	16 Kata Ad Brown: Migi Kata Black Belts: Tekko	17 Power Pads Pre/Mas/Black Belts: Tonfa	18 Novice/BBM: Basic S.D. Pre/Mas: Int. S.D. 5-7 Black Belts: Oar	19 Karate Training Stations Black Belts: Kama	
20	21 Sparring Spar a Sensei (BBM/Pre/Mas) Sparring Gear Required	22 Kata Black Belts: Partner Work & Kata	23 Focus Pads Pre/Mas/Black Belts: Sai	24 Novice/BBM: Basic Self Defence Pre/Mas: Intermediate Self Def. Black Belts: Guard Passes & Sweeps	25 Kata Review	26 Colour Belt Exams All classes cancelled	
27	28 Tonfa BBM: Tonfa Basics Pre/Mas: Tonfa Kata	29 Novice: Breakfalls BBM: Takedowns Pre/Mas: Int. S.D. Black Belts: Stick Defence	30 Sparring Sparring Rounds (BBM/Pre/Mas) Sparring Gear Required	31 Kata			