

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

**MAY 2022** [www.northernkarate.com](http://www.northernkarate.com)




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>C</b>	2 Makeover Monday Review Lower Katas	3  Block & Counter Drills	4  Lightsaber Day May the 4th be With You!	5  3 Step Drills	6 Terrific Tonfa & Super Sai  Directional Kata	7  Directional Kata
8 <b>L</b> HAPPY MOTHER'S DAY!	9-13 <b>STRIPE WEEK</b>					14  Hanshi Borkowski Seminars
15  <b>S</b>	16 Sparring	17  Bo & Oar	18  secret Escapes	19  Target Practice	20 <b>PADS</b>  Sorry We're CLOSED	21  Sorry We're CLOSED
22 <b>E</b>	23  Victoria Day Sorry We're CLOSED	24 Grading Preparation  UNPREPARED	25  GRADING NIGHT	26  Sparring	27  Work Your Weak Side	28 <b>BASIC-LY PERFECT SATURDAY</b>
29 <b>D</b>	30  FIT TO FIGHT	31  Stick Defense	"Don't let what you cannot do interfere with what you can do." ...John Wooden			

## NEWS & EVENTS...

*Happy Mother's Day!*


NKS Ajax wishes all our amazing Moms who keep our families running smoothly a truly amazing day on May 8th.

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**Saturday, May 14th**  
**Hanshi Cezar Borkowski Seminars**  
 \*See Flyer for Revised Class Schedule & Details


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**Saturday, May 21st & Monday, May 23rd**  
**Closed for Victoria Day Long Weekend.**



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**May 7th @ 12:50 pm**  
**Black Belt Pre-Test @ Dojo**  
 \*INVITE ONLY