

# JUNE 2022

NORTHERN KARATE SCHOOL  
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SPARRING DAYS:  
 MON. JUN. 13  
 WED. JUN. 22  
 THURS. JUN. 30

YOU MUST BRING  
 YOUR SPARRING  
 GEAR TO CLASS ON  
 THESE DAYS.

RENSHI LUCY WILL  
 BE TEACHING A  
 BUDO BLISS® CLASS  
 FOR OUR ADULT AND  
 BLACK BELT  
 STUDENTS ON JUN 23.  
 7:45 - 8:30PM  
 REGISTER ON THE  
 APP TO ATTEND.

RENSHI MARCELA  
 WILL BE TEACHING A  
 CARDIO COMBAT®  
 CLASS ON JUN 28.  
 KIDS PRE/MAS  
 5:55 - 6:35PM  
 ADULTS AND BLACK  
 BELTS  
 6:40 - 7:20PM

THE ADULT 7:45PM  
 CLASS IS CANCELLED.















WE WILL BE HAVING  
 3 BRING A BUDDY  
 DAYS.  
 JUN. 14, JUN. 16  
 & JUN. 18  
 SEE STAFF FOR  
 MORE DETAILS

JUN. 25 COLOUR BELT  
 EXAMS. ALL CLASSES  
 ARE CANCELLED.

WED THUR FRI SAT

NEW CLASS SCHEDULE STARTS JUNE 1ST  
 THERE WILL NO LONGER BE ANY ZOOM CLASSES  
 AS OF JUNE 1ST.

SUN MON TUES

5	6	7	8	9	10	11
			1  IMPROVE YOUR KICKS (NOVICE/BBM)	2 SELF DEFENCE AGAINST GRABS (NOVICE/BBM)	3  FOCUS PAD FRIDAY	4 STRIPE WEEK PREP CLASS
			  PRE/MAS: SAI DRILLS & KATA	LOCKS & FINISHES FROM YOUR INT. S.D. (PRE/MAS)	   PRE/MAS: TONFA	 PRE/MAS: BO
	<b>STRIPE WEEK NOVICE/BBM/PRE/MAS</b>					
	NIDAN'S + : NUNCHAKU	BLACK BELTS: TEKKO	SANDAN'S: ROCHIN & TINBEI	BLACK BELTS: BO	BLACK BELTS: OAR	BLACK BELT GRADUATION @ YORK UNIVERSITY
12	13  SPARRING <small>(BBM/PRE/MAS) SPARRING GEAR REQUIRED</small> NOVICE: BREAKFALLS	14  POWER PAD DRILLS BRING A BUDDY TO CLASS	15 KATA	16 CURRICULUM SELF DEFENCE BRING A BUDDY TO CLASS	17 KARATE TRAINING STATIONS PRE/MAS: BO	18 FOCUS PADS NOVICE/BBM WEAPONS PRE/MAS BRING A BUDDY TO CLASS
19	20 JAPANESE TERMINOLOGY CLASS <small>(ALL KIDS CLASSES)</small> BLACK BELTS & ADULTS: OLD SCHOOL TRAINING	21 KATA PRE/MAS: SAI & TONFA	22  SPARRING POINT SPARRING MATCHES <small>(BBM/PRE/MAS) SPARRING GEAR REQUIRED</small>	23  BUDO BLISS® <small>WITH RENSHI LUCY 7:45 - 8:30PM OPEN TO ALL BLACK BELTS AND ADULT STUDENTS. YOU MUST REGISTER ON THE APP TO ATTEND.</small> FOCUS PAD DRILLS IN ALL KIDS CLASSES. SAI & TONFA IN BLACK BELT CLASS	24 CURRICULUM SELF DEFENCE	25 COLOUR BELT EXAM  ALL CLASSES CANCELLED
26	27 KATA	28 CARDIO COMBAT® <small>WITH RENSHI MARCELA KIDS PRE/MAS: 5:55 - 6:35PM ADULT WHITE - BLACK 6:40 - 7:20PM ADULT 7:45 - 8:30PM CLASS IS CANCELLED</small> POWER PAD DRILLS IN ALL KIDS CLASSES	29 CURRICULUM SELF DEFENCE BLACK BELTS: KNIFE DEFENCE	30  SPARRING SPAR A SENSEI <small>(BBM/PRE/MAS) SPARRING GEAR REQUIRED</small>	JUN. 14, JUN. 16 & JUN. 18 ARE BRING A BUDDY DAYS SEE STAFF FOR MORE DETAILS.	