

# August 2022



Northern Karate School  
 3883 Rutherford Rd, Woodbridge Ont., L4L 9R8  
 905-265-7777, Rutherford@northernkarate.com  
 www.northernkarateschools.com



The school will be closed on Aug 1 for the Civic Holiday

**MON**

**TUES**

**WED**

**THUR**

**FRI**

**SAT**

**SUN**

<b>1</b> Civic Holiday School Closed	<b>2</b> <b>Kata</b>	<b>3</b> Self Defence & Pad Work	<b>4</b>  Pre/Mas: Bo Kata BBM: Bo Basics	<b>5</b> Line Drills & Pad Work	<b>6</b>  <b>Sparring</b> Sparring Rounds (BBM/Pre/Mas) Sparring Gear Required
<b>7</b>	<b>8</b>	<b>9</b> 	<b>10</b> 	<b>11</b>	<b>12</b>

## Novice/BBM/Pre/Mas Stripe Week

Shodan: Tekko Nidan & Higher: Nunchaku	<b>Black Belts: Tonfa</b>	<b>Black Belts: Bo</b>	Shodan: Sanchin Nidan: Kama Sandan & higher: Double Nunchaku		
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<b>14</b> <b>15</b> <b>Kata</b>	<b>16</b> Cardio Combat® with Renshi Marcela Kids Purple to Black :5:55 - 6:35pm All Adults White to Black 6:40 - 7:20pm The 7:45pm adult class is cancelled Curriculum S.D. in all kids classes	<b>17</b>  Pre/Mas: Sai & Tonfa BBM: Sai & Tonfa Basics	<b>18</b> Novice/BBM: Curriculum S.D.  Pre/Mas: Bo Kata	<b>19</b>  <b>Sparring</b> Point Sparring Matches (BBM/Pre/Mas) Sparring Gear Required	<b>20</b> Karate Training Stations  Pre/Mas: Bo Kata
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<b>21</b> <b>22</b>  <b>Stick Defence</b> Kids/Adults BBM/Pre/Mas  Black Belts: Knife Defence	<b>23</b> Pre/Mas: Weapons Review Novice/BBM: Improve your kicks	<b>24</b>  <b>Sparring</b> Spar a Sensei in all kids classes (BBM/Pre/Mas) Sparring Gear Required	<b>25</b> Budo Bliss® with Renshi Lucy Open to All Adults White to Black Belt 6:40 - 7:40pm Come workout in your gym attire The 7:45pm Adult class is cancelled Curriculum S.D. for Novice Kids & Stick Defence for Kids BBM & Pre/Mas	<b>26</b> <b>Kata</b>  Black Belts: Sai	<b>27</b> Colour Belt Exams  All classes cancelled
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<b>28</b> <b>29</b> Outdoor Training @ Weston Downs Park Please check the news section for class times	<b>30</b>  <b>Sparring</b> Team Sparring (BBM/Pre/Mas) Sparring Gear Required	<b>31</b> <b>Kata</b>  Black Belts: Oar	Outdoor Class Times Kids Novice: 4:30 - 5:00pm Kids BBM: 5:05 - 5:45pm Kids Pre/Mas: 5:50 - 6:30pm Adults White to Black: 6:35 - 7:20pm All Black Belts: 7:25 - 8:25pm
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Sparring days:  
 Aug 6  
 Aug 19  
 Aug 24  
 Aug 30  
 Please remember  
 to bring your  
 gear to class on  
 these days.

Aug 16 is  
 Cardio Combat®  
 with Renshi  
 Marcela - please  
 check class times

Aug 25 is  
 Budo Bliss®  
 with Renshi Lucy -  
 please check  
 class times

Aug 27  
 Colour Belt Exams  
 All classes  
 cancelled