

October 2022















Northern Karate School
 3883 Rutherford Rd, Woodbridge On., L4L 9R8
 905-265-7777, rutherford@northernkarate.com


SAT




SUN MON TUES WED THUR FRI

2	3	4 New Class Schedule Starts	5	6 	7	8  Happy Thanksgiving School Closed
Novice/BBM/Pre/Masters Stripe Week						
9	10  Happy Thanksgiving School Closed	11 Curriculum Self Defence	12 Kata Ad Brown Migi Kata	13  Power Pads Black Belts: Spin Kicks & Multiple Pads	14  Sparring Sparring Rounds (BBM/Pre/Mas) Sparring Gear Required	15 BBM: Weapons Basics Pre/Mas: Weapons Kata Black Belts: Tonfa
16	17  Breakfalls & Takedowns	18  Sparring Sparring Combinations (BBM/Pre/Mas) Sparring Gear Required	19 Focus Pad Drills Pre/Mas: Sai Kata	20 Kata Black Belts: Short Weapons	21 Curriculum Self Defence Novice/BBM: Basic S.D. Pre/Mas: Int. S.D. Black Belts: Locks & Submissions	22 Karate Training Stations (Kids Novice/BBM) Pre/Mas: Bo Kata
23	24  Stick Defence BBM/Pre/Mas Ad Brown: Tonfa Kata	25 Kata All Black Belt Class: Old School	26  Sparring Focus on Speed Point Sparring Matches (BBM/Pre/Mas) Sparring Gear Required	27 Cardio Combat® with Renshi Marcela Kids Pre/Mas: 6:40-7:20pm All Adults White to Black: 7:25 - 8:25pm The 8:15pm class is cancelled Improve your kicks in all kids classes	28 Kata Review Day	29 Colour Belt Exam  All classes cancelled
30	31  Happy Halloween Special Class Times Novice 4 - 4:30pm BBM 4:35 - 5:15pm Pre/Mas: 5:20 - 6:00pm Adult & Black Belt: 6:05 - 6:50pm	Just a reminder Colour Belt exams are held on the last Saturday of the month by invitation only. All regular classes are cancelled				

The school will be closed Sat. Oct. 8 and Mon. Oct.10 for Thanksgiving. 


Sparring Days:
Thurs. Oct. 6 (Black Belts)
Fri. Oct. 14
Tues. Oct. 18
Wed. Oct. 26
Please remember to bring your gear bag to class on these days.

Thurs. Oct. 27 is Cardio Combat® with Renshi Marcela.
Kids Pre/Mas:
6:40 - 7:20pm
All Adults White - Black
7:25 - 8:25pm
The 8:15pm class is cancelled.


Mon. Oct. 31
Modified Class times for Halloween.
Kids White Belts
4:00 - 4:30pm
Kids Yellow to Ad Blue
4:35 - 5:15pm
Kids Purple to Black
5:20 - 6:00pm
Adult and Black Belts:
6:05 - 6:50pm