

September

NORTHERN KARATE AURORA

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bo week	Celebrating 50th anniversary of NORTHERN KARATE SCHOOLS September 25,2022 With a series of Seminars Please check the office for details			1 Spar A Sensei	2 Fun Friday Games	3 Dojo closed for the long weekend
Sai/tonfa week	5 Dojo closed for the long weekend	6 Line Drills	7 Kata Clean-up	8 Tonfa vs Sai	9 Point Sparring	10 Super Sai Saturday
Bo week	<h1>Stripe Week</h1>					17 Kids: Sparring Adults: Bo vs Bo
Sai/tonfa week	12 Blocks and Stances	13 Kicks	14 Lower Katas	15 Self Defence	16 Breakfalls and Rolls	19 Fit to Fight With Sensei Darrin
Bo week	26 Migi Monday	27 BO Basics	28 Grading Night Regular classes Cancelled	29 Sparring Night	30 Knife Flow drills & Disarms	24 Intermediate Self Defense Adults/masters: Random

Thank you to all Staff,
Volunteers, Parents and
Campers who supported
our SUMMER CAMP
2022
You guys Rock!!

FIT TO FIGHT with Sensei Darrin

On September 19th 2022
4:00 Novice
4:30 BBM
5:15 Masters/Pre Masters
6:00 Fit to Fight
7:00 Fit to Fight
8:00 Adults/Teens class

Bring your Sparring Gears on
September 1
September 9
September 17
September 20
September 29

Unless otherwise indicated
Regular classes for everyone

OPEN HOUSE

OCTOBER 1, 2022
BRING YOUR FRIENDS
Or FAMILY members



WISHING ALL STUDENTS A SAFE AND HAPPY RETURN TO SCHOOL AND PARENTS TOO