




NORTHERN KARATE SCHOOLS – AURORA

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www.northernkarate.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	12:00 – 1:00 pm Adult All Belt		12:00 – 1:00 pm Adult All Belt		9:30 -10:00 am Novice
KIDS CLASSES					
4:00 – 4:30 pm Novice	4:00 – 4:45 pm BBM	4:00 – 4:30 pm Novice	4:00 – 4:45 pm BBM	4:00 – 4:30 pm Novice	10:15 – 11:00 am Adult All Belt
4:30 – 5:15 pm BBM	4:45 – 5:30 pm Masters and PreMasters	4:30 – 5:15 pm BBM	4:45 – 5:30 pm Masters and PreMasters	4:30 – 5:15 pm BBM	10:15 -11:15 am Adult Masters
5:15 – 6:00 pm Masters and PreMasters	5:30 – 6:00 pm Novice	5:15 – 6:00 pm Masters and PreMasters	5:30 – 6:00 pm Novice	5:15 – 6:00 pm Masters and PreMasters	11:30 -12:15 pm BBM
6:00 – 6:30 pm Novice	6:00 – 6:45 pm Masters and PreMasters	6:00 – 6:30 pm Novice	6:00 – 6:45 pm Masters and PreMasters	6:00 – 6:30 pm Novice	12:30 -1:15 pm Masters and PreMasters
6:30 – 7:15 pm BBM	6:45 – 7:15 pm Novice	6:30 – 7:15 pm BBM	6:45 – 7:15 pm Novice	6:30 – 7:15 pm BBM	1:15 – 2:15 pm Black Belt Prep Class
7:15 – 8:00 pm Masters and PreMasters	7:15 – 8:00 pm BBM	7:15 – 8:00 pm Masters and PreMasters	7:15 – 8:00 pm BBM	7:15 – 8:00 pm Family Class	 FOR UP-TO-DATE Announcements Check our Facebook Page Northern Karate Aurora Or Instagram @NKSAurora
ADULT / TEEN CLASSES					
8:00 – 8:45 pm Adult All Belt	8:00 – 8:45 pm Adult All Belt	8:00 – 8:45 pm Adult All Belt	8:00 – 9:00 pm Adult Masters	8:00 – 8:45 pm Adult All Belt	
8:00 – 9:00 pm Adult Masters	8:00 – 9:00 pm Adult Masters	8:00 – 9:00 pm Adult Masters		8:00 – 9:00 pm Adult Masters	

▲ **GRADING NIGHT IS EVERY LAST WEDNESDAY OF THE MONTH PER INVITATION ONLY**
All Regular Kids Classes Cancelled

★ **STARS** Nominate your child for Star :
 Attendance, Academics, Conduct, Grading Exam, Leadership, Service & Spirit! Once they complete 7 stars they can get the Personal Best Star Badge

NORTHERN KARATE SCHOOLS' STUDENT CREED

I promise to become the best possible person I can be.
 With honesty in my heart, confidence in my mind
 and strength in my body,
 I will achieve EXCELLENCE and share it with others.
 What is your goal? **Black Belt Excellence**
 What is your quest? **Personal Best**

Dojo Etiquette

- NO CELL PHONE CONVERSATIONS
- Parents and visitors must keep conversation to a minimum and speak softly to avoid distracting the senseis and students.
- All children in the viewing area MUST be supervised by an adult. Parents are responsible for their children outside of their class times and in the viewing area.
- Bow (rei) when entering and exiting the dojo
 Karate begins and ends with RESPECT
- Arrive 5-10 minutes prior to your class and sign in.
- If you are late, kneel by the entrance and wait and the teacher will admit you when it is safe to do so.
- If you are 15 minutes late you will not be allowed to participate in the class.
- Shoes/boots/coats must be placed in the cubbies provided. Bags should be placed in their designated area.
- No food or drink on the floor, water bottles are permitted.
- Please be prompt in picking them up after class!
- Uniforms "gi" must be clean, odour-free and in good repair with a school crest affixed to the left side.