

# NORTHERN KARATE SCHOOLS - AURORA

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# October

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>100 KATA CHALLENGE</b> October 29, 2022 9-11:30am For Masters and Pre Masters Adults, Black Belts		<b>Kids Halloween Party</b> October 29, 2022 <b>Train in Your Costume</b> 11:30-12:15 7 years old & under 12:30-1:15 8 years old & older			<b>1</b> Slow Kick Saturday
Sai/Tonfa Week	<b>3</b> Fundamentals	<b>4</b> Sai Basics	<b>5</b> Sparring 101 	<b>6</b> Kata 5 count 8 count	<b>7</b> Crash mat Funday	<b>8</b> Nunchaku basics Black Belt: KATA
Bo Week	<b>10</b> Closed for HAPPY THANKSGIVING	<b>Stripe week</b>			<b>14</b> 	<b>15</b> Circuit Training
Sai/Tonfa Week	<b>17</b> <b>Fit to Fight</b> W/ Sensei Darrin	<b>18</b> Basic Self Defence	<b>19</b> Spar -a- Sensei 	<b>20</b> Ground Escapes	<b>21</b> Break falls w/ Sensei Joey	<b>22</b> Super Sai Saturday
Bo Week	<b>24</b> Jump Kick Workshop w/ Sensei Sahand	<b>25</b> Point Sparring 	<b>26</b> GRADING NIGHT ALL KIDS CLASSES CANCELLED Adults at 7:30pm	<b>27</b> Bo Basics Black Belts: OAR	<b>28</b> Knife Defense Kids: Noodle defense	<b>29</b> 100 Kata Challenge 9-11:30am Kids: Halloween Fun

**31**  
Dojo Closed  
**HAPPY HALLOWEEN**  
Have a safe Night of  
Trick or Treating

**FIT TO FIGHT with Sensei Darrin**  
On October 17, 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 days marked with



Unless otherwise indicated  
Regular classes for  
everyone

## Calling Northern Karate Pink Warriors!

October is Breast Cancer Awareness Month

<http://www.cbcf.org/central/getinvolved/donate/Pages/default.aspx>



**JOIN NKS IN THE FIGHT AGAINST BREAST CANCER.**

DONATE \$25 ONLINE  
(LINK + QR CODE BELOW),  
BRING YOUR OFFICIAL RECEIPT TO THE  
DOJO, AND RECEIVE AN  
**NKS PINK BELT\***  
THAT MAY BE WORN THROUGHOUT  
OCTOBER 2022.

\*NKS HAS A LIMITED NUMBER OF NEW  
**PINK BELTS.**  
WE ENCOURAGE STUDENTS TO  
RE-USE/RECYCLE AND WEAR  
**PINK BELTS RECEIVED IN PREVIOUS YEARS  
AFTER DONATING AGAIN IN 2022.**

**THANK YOU FOR YOUR GENEROSITY**

-NORTHERN KARATE AURORA

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings." — William Arthur Ward