



NORTHERN KARATE SCHOOLS – AURORA

15420 Bayview Ave., Aurora ON
905-726-8886

aurora@northernkarate.com
Student Portal: auroranks.com

December

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sai & tonfa	BE A YORK REGIONAL POLICE HOLIDAY HERO December 1-15, The dojo will be collecting New unwrapped toys, new children's clothing or gift cards for Families in need in York Region – Thank you for your support!			Sparring	Focus Pad Friday	Circuit Training
Bo week	Stripe week					
Sai & Tonfa	Stance & Blocks	Kicks and Strikes	Lower Kata	Self-Defense	Kids Sparring	Kids Jump Kicks
Bo Week	Spar A Sensei	Last Day of Training For 2022	Grading Night Black Belt Celebration	Dojo Closed Dec 22 – January 3, 2023 Training Resumes January 4th		

CONGRATULATIONS ON YOUR PROMOTION

Shodan Ho
(Provisionary Black Belt)
Vinson Amberger
Veronique Heng
Denis Heng
Marcel Muller-Carriere
Damian Theofilaktidis
Julie Tome
Nathan Tran
Kaitlin Tran

Shodan (1st Degree Black Belt)
Kishana Kengatharan
Elena Saffari
Charisma Toupin

Nidan (2nd Degree Black Belt)
Maiwand Gahawarзад

Sandan (3rd Degree Black Belt)
Kyle Cheah
Noam Lo

Polished Practitioner (Teacher)
Renshi Darrin Sayewich

YOU GUYS ARE AWESOME!

“Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us.” — Hal Borland

