

JANUARY 2023

NORTHERN KARATE SCHOOL
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THE SCHOOL WILL RE-OPEN FOR REGULAR CLASSES ON FRI. JAN. 6

WE WILL BE SPARRING ON TUES. JAN. 10 AND WED. JAN.25. PLEASE REMEMBER TO BRING YOUR GEAR TO CLASS.

STRIPE WEEK WILL RUN THURS. JAN. 12 TO WED. JAN. 18.

THURS. JAN. 19 SENSEI JOE AND SENSEI MATTHEW WILL BE TEACHING DEMO DRILLS IN ALL THE KIDS BBM AND PRE/MAS CLASSES UNTIL 6:40PM

THURS. JAN. 19 RENSHI LUKE & RENSHI MARCELA WILL BE TEACHING THE CARDIO COMBAT® CLASSES. KIDS PRE/MAS: 6:40-7:20PM ALL ADULTS: 7:25-8:25PM THE 8:15PM CLASS IS CANCELLED

MON. JAN. 23 WE WILL BE HOLDING OUR BLACK BELT SHODAN LEVEL BELT AND CERTIFICATE CEREMONY DURING THE 7:30PM BLACK BELT CLASS. THOSE ELIGIBLE TO RECEIVE THEIR NEW BELTS AND CERTIFICATES WILL BE CONTACTED BY EMAIL.

THE COLOUR BELT EXAMS WILL TAKE PLACE ON TUES. JAN. 31 ALL REGULAR CLASSES ARE CANCELLED.

SUN MON TUES WED THUR FRI SAT

1 SCHOOL CLOSED	2	3	4	5	6 FOCUS PAD DRILLS PRE/MAS: SAI	7 KARATE TRAINING STATIONS KIDS NOVICE/BBM ADULT NOVICE/BBM: SAI & TONFA BASICS KIDS & ADULTS PRE/MAS: BO KATA
HAPPY HOLIDAYS SCHOOL CLOSED						
8	9 NOVICE/BBM: LINE DRILLS & BASICS PRE/MAS: LINE DRILLS & BASIC S.D. BLACK BELTS: ADVANCED LINE DRILLS & KATA	10 SPARRING SPARRING ROUNDS (BBM/PRE/MAS) SPARRING GEAR REQUIRED	11 STRIPE WEEK PREP CLASS BLACK BELTS: KYOSHI VONA'S KATA LADDER	12	13	14
STRIPE WEEK						
15	16 BLACK BELTS: KAMA	17	18 BLACK BELTS: SAI	19 CARDIO COMBAT® WITH RENSHI MARCELA & RENSHI LUKE KIDS PRE/MAS: 6:40 - 7:20PM ADULTS WHITE TO BLACK: 7:25 - 8:25PM 8:15PM CLASS IS CANCELLED DEMO DRILLS WITH SENSEI MATTHEW & SENSEI JOE IN KIDS BBM AND PRE/MAS CLASSES	20 CURRICULUM SELF DEFENCE BLACK BELTS: TEKKO	21 NOVICE/BBM: FOCUS PAD DRILLS PRE/MAS: MIGI KATA BLACK BELTS: NUNCHAKU
22	23 BLACK BELT CERTIFICATE CEREMONY DURING 7:30 BLACK BELT CLASS STICK DEFENCE KIDS/ADULTS BBM & PRE/MAS CLASSES	24 KATA MINI KATA TOURNAMENT KIDS PRE/MAS ONLY	25 SPARRING MINI POINT SPARRING TOURNAMENT (BBM/PRE/MAS) SPARRING GEAR REQUIRED	26 LOCKS & SUBMISSIONS FROM THE GROUND PRE/MAS & BLACK BELTS CURRICULUM SELF DEFENCE NOVICE & BBM	27 POWER PADS NOVICE/BBM: POWER PADS PRE/MAS: POWER PADS & KATA BLACK BELTS: POWER PADS & WEAPONS	28 NOVICE: KATA SECTIONS BBM: WEAPONS BASICS PRE/MAS: SHORT WEAPONS BLACK BELTS: BO & OAR
29	30 KATA REVIEW	31 COLOUR BELT EXAM ALL CLASSES CANCELLED	“TOMORROW IS THE FIRST BLANK PAGE OF A 365 PAGE BOOK. WRITE A GOOD ONE.”			