

# NORTHERN KARATE

thornhill/concord/north york

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**JAN 9 - 15**

## UPCOMING EVENTS

Parents Night Out is Saturday, January 28th.

January and February is Friends and Family Month.

Please check out our flyer to see how to share the gift of Martial Arts.

- ★ Sparring Gear Mandatory
- Bring your Weapons
- ▲ Wear Workout Gear
- ◆ Bring Combat Gear

MON JAN 9	TUES JAN 10	WED JAN 11	THURS JAN 12	FRI JAN 13	SAT JAN 14	SUN JAN 15
10:00-11:00 All Belts Adult Required Curriculum	4:30-5:00 White Belts 7 and Under Stances	10:00-11:00 Combat Conditioning ▲ Teen/Adult Conditioning	4:30-5:00 White Belts 7 and Under Concepts	10:00-11:00 All Belts Adult Required Curriculum	9:00-9:30 White Belts 7 and Under Strikes	9:00-9:30 White Belts 7 and Under Blocks
4:30-5:10 Purple to Brown 10 and Under Striking Drills	5:00-5:30 Yellow Belts 8 and Under Kicking	4:30-5:10 Fusion Orange to Blue Adv ▲ 8 and Under ◆ Striking Drills	5:00-5:30 Yellow Belts 8 and Under Turns	4:30-5:10 Orange to Blue Adv 8 and Under Kata	9:30-10:00 Yellow Belts 8 and Under Stand Up	9:30-10:00 Yellow Belts 8 and Under ★ Sparring
5:10-5:50 Yellow Belts 8 to 13 yrs Kicking	5:30-6:10 Orange to Blue Adv 8 and Under Takedowns/Ground	5:10-5:50 Purple to Brown 10 and Under Kata	5:30-6:10 Purple to Brown 11 to 13 yrs Kata	5:10-5:50 Fusion Purple to Brown ▲ 13 and Under ◆ Pad Drills	10:00-10:40 Purple to Brown 10 and Under Ground Escapes	10:00-10:40 Orange to Blue Adv 13 and Under Basics
5:50-6:30 White Belts 8 to 13 yrs Stances	<b>C</b> 6:10-6:50 Black Belts 13 and Under ★ Point Sparring	5:50-6:30 White Belts 8 to 13 yrs Concepts	<b>H</b> 6:10-6:50 <b>Enpi</b> Brown Adv 13 and Under Int. 2 Person 6-10	5:50-6:30 Fusion Orange to Blue Adv ▲ 9 to 13 yrs ◆ Striking Drills	10:40-11:20 White to Yellow 8 to 13 yrs Strikes/Stand Up	10:40-11:20 White to Yellow 8 to 13 yrs ★ Blocks/Sparring
<b>G</b> 6:30-7:15 Fusion Brown Adv ▲ 13 and Under ◆ Striking Drills	6:50-7:30 Orange to Blue Adv 9 to 13 yrs Takedowns/Ground	6:30-7:10 Yellow Belts 8 to 13 yrs Turns	<b>D</b> 6:50-7:30 Fusion Black Belts ▲ 13 and Under Self Defence	<b>I</b> 6:30-7:15 <b>Sai</b> Brown Adv All Ages ★ Sparring	11:20-12:00 Orange to Blue Adv Teen/Adult Basics	11:20-12:10 White to Yellow Teen/Adult Kicking/Ground Drill
7:15-8:00 Purple to Brown 11 to Adult Striking Drills	7:30-8:15 White to Yellow Teen/Adult Strikes / Stand Up	7:10-7:50 Orange to Blue Adv 9 to 13 yrs Kata	7:30-8:15 White to Yellow Teen/Adult Ground Drills / Kata	<b>M</b> 7:15-8:00 Shodan Black Belts All Ages Basic Combinations	12:00-1:00 Black Belts + All Ages Kata- A	<b>J</b> 12:10-1:00 <b>Tonfa</b> Brown Adv All Ages ● Kobudo
8:00-8:45 Orange to Blue Adv Teen/Adult Striking	8:15-9:15 Black Belts + Teen/Adult ★ Point Sparring	7:50-8:45 Combat Conditioning ▲ Teen/Adult Conditioning	8:15-9:15 Black Belts + Teen/Adult Ground Flow	8:00-8:45 Nidan+ Black Belts All Ages Basic Combinations	1:00-2:00 Combat Conditioning ▲ Teen/Adult Conditioning	1:00-2:00 Combat Conditioning ▲ Teen/Adult Conditioning
8:45-9:30 <b>Enpi</b> Brown Adv Belt Teen/Adult Int. 2 Person 6-10	9:15 - 10:15 Combat Veritas® ▲ Teen/Adult ◆ Total	8:45-9:30 Fusion Orange to Brn Adv ▲ Teen/Adult ◆ Takedown/Ground	9:15 - 10:15 Combat Veritas® ▲ Teen/Adult ◆ Total	8:45-9:30 Purple to Brown Teen/Adult Kata	2:00 - 3:00 Combat Veritas® ▲ Teen/Adult ◆ Open Total	2:00-2:45 Purple to Brown 11 to Adult Ground Escapes