

NORTHERN KARATE

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JAN 30 - FEB 5 ASSESSMENT WEEK

During Assessment Week, we will be evaluating all students with 1 or 2 red stripes to determine an upcoming graduation.

UPCOMING EVENTS

Parents Night Out is Saturday, February 25th.

Karate Fusion T-Shirts and MMA Gear Order will end February 15th.

January and February is Friends and Family Month.

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

The Dojo will be CLOSED Monday February 20th

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

	MON JAN 30	TUES JAN 31	WED FEB 1	THURS FEB 2	FRI FEB 3	SAT FEB 4	SUN FEB 5
10:00-11:00 All Belts Adult Required Curriculum	4:30-5:00 White Belts 7 and Under Pad Drills	10:00-11:00 Combat Conditioning ▲ Teen/Adult Conditioning	4:30-5:00 White Belts 7 and Under Jump Kicks	10:00-11:00 All Belts Adult Required Curriculum	9:00-9:30 White Belts 7 and Under Karate Games	9:00-9:30 White Belts 7 and Under Karate Competitions	
4:30-5:10 Purple to Brown ▲ 10 and Under Karate Conditioning	5:00-5:30 Yellow Belts 8 and under Pad Drills	4:30-5:10 Fusion Orange to Blue Adv ▲ 8 and Under ◆ Level 1 Curriculum	5:00-5:30 Yellow Belts 8 and Under Jump Kicks	4:30-5:10 Orange to Blue Adv 8 and Under Jump Kicks	9:30-10:00 Yellow Belts 8 and Under Karate Games	9:30-10:00 Yellow Belts 8 and Under ★ Sparring Games	
5:10-5:50 Yellow Belts ▲ 8 to 13 yrs Karate Conditioning	5:30-6:10 Orange to Blue Adv 8 and Under Pad Drills	5:10-5:50 Purple to Brown 10 and Under Jump Kicks	5:30-6:10 Purple to Brown 11 to 13 yrs Jump Kicks	5:10-5:50 Fusion Purple to Brown ▲ 13 and Under ◆ Level 1 Curriculum	10:00-10:40 Purple to Brown 10 and Under ★ Sparring Games	10:00-10:40 Orange to Blue Adv 13 and Under ★ Sparring Games	
5:50-6:30 White Belts ▲ 8 to 13 yrs Karate Conditioning	N 6:10-6:50 Black Belts 13 and Under Pad Drills	5:50-6:30 White Belts 8 to 13 yrs Jump Kicks	N 6:10-6:50 Bassai Brown Adv 13 and Under Mock Black Belt Test	5:50-6:30 Fusion Orange to Blue Adv ▲ 9 to 13 yrs ◆ Level 1 Curriculum	10:40-11:20 White to Yellow 8-13 yrs Team Games	10:40-11:20 White to Yellow 8-13 yrs Pad Drills	
N 6:30-7:15 Fusion Brown Adv ▲ 13 and Under Level 1 Curriculum	6:50-7:30 Orange to Blue Adv 9 to 13 yrs Pad Drills	6:30-7:10 Yellow Belts 8 to 13 yrs Jump Kicks	N 6:50-7:30 Fusion Black Belts ▲ 13 and Under ◆ Open Positional Roll	N 6:30-7:15 Jion Brown Adv All Ages Required Curriculum	11:20-12:00 Orange to Blue Adv Teen/Adult Kobudo	11:20-12:10 White to Yellow Teen/Adult Kicking/Flexibility	
7:15-8:00 Purple to Brown ▲ 11 to Adult Karate Conditioning	7:30-8:15 White to Yellow Teen/Adult Pad Drills	7:10-7:50 Orange to Blue Adv 9 to 13 yrs Jump Kicks	7:30-8:15 White to Yellow Teen/Adult Kicking Drills	N 7:15-8:00 Shodan Black Belts All Ages Creative Kata	12:00-1:00 Black Belts + All Ages ★ Sparring Games	N 12:10-1:00 Enpi Brown Adv All Ages Required Curriculum	
8:00-8:45 Orange to Blue Adv ▲ Teen/Adult Karate Conditioning	8:15-9:15 Black Belts + Teen/Adult Pad Tabata	7:50-8:45 Combat Conditioning ▲ Teen/Adult Conditioning	8:15-9:15 Black Belts + Teen/Adult Flexibility Training	8:00-8:45 Nidan+ Black Belts All Ages Creative Kata	1:00-2:00 Combat Conditioning ▲ Teen/Adult Conditioning	1:00-2:00 Combat Conditioning ▲ Teen/Adult Conditioning	
8:45-9:30 Bassai Brown Adv Belt Teen/Adult Mock Testing	9:15 - 10:15 Combat Veritas® ▲ Teen/Adult	8:45-9:30 Fusion Orange to Brn Adv ▲ Teen/Adult ◆	9:15 - 10:15 Combat Veritas® ▲ Teen/Adult	8:45-9:30 Purple to Brown Teen/Adult Nunchaku Training	2:00 - 3:00 Combat Veritas® ▲ Teen/Adult	2:00-2:45 Purple to Brown 11 to Adult Pad Drills	