

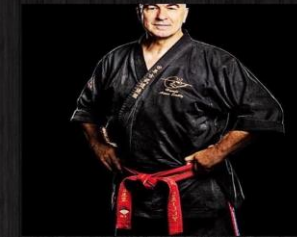
Northern Karate Schools - Ajax
338 Rossland Rd. East (905) 683-0777

FEBRUARY 2023 www.northernkarate.com



NEWS & EVENTS...

THE MAGICIAN OF THE MAT
Grandmaster Alain Saily clinic



The Complete Warrior Workshop.

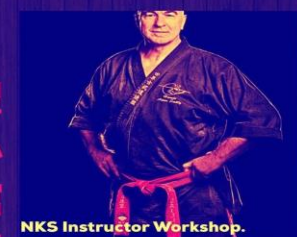
Dynamic entries, strikes, controls and submissions. Focusing on understanding concepts of dexterity and pliability.

All Premaster to Black Belt
 Sunday, February 19th.
 12:00 - 1:30 PM
 \$30.00

Location: NKS Maple dojo,
 225 McNaughton Rd #2, Maple, ON

聖心館空手古武道

THE MAGICIAN OF THE MAT
Grandmaster Alain Saily clinic



NKS Instructor Workshop.

How to teach break-falls, skill games and drills for takedown and throws. Focusing on safety, fun, competence, dexterity and tools for retention.

Black Belt and staff.
 Sunday, February 19th.
 2:00 - 3:30 PM 3:30 PM Q and A.
 \$30.00

Location: NKS Maple dojo,
 225 McNaughton Rd #2, Maple, ON

聖心館空手古武道

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
It isn't the mountains ahead to climb that wear you out; it's the pebble in your shoe. ...Muhammad Ali			1 <i>Sparring</i>	2 Line Drills	3 OPTIONAL WEAPONS	4 Large Shield Techniques
C 5	STRIPE WEEK					11
L 12	13 BJJ With Sensei Anthony	14 HAVE A KICKIN' VALENTINE'S DAY!	15 Super Hero Sparring Wear Your Super Hero T-Shirt	Kata Kata Kata 16	Jump & Roll 17	18 Sorry We're CLOSED
O	20 Sorry We're CLOSED	21 TAKEDOWNS	22 GRADING NIGHT	Migi Katas 23	SELF DEFENSE By The Number 24	Lower Kata Review 25
S 19 Hanshi Alain Saily Seminars	27 FAMILY DAY!	28 BBM/ Pre-Mast - Bo Masters - Oar	Happy Valentine's Day! NKS Ajax wishes you a Happy Valentine's Day on Tues., Feb. 14th		Dojo Closed for Family Day Long Weekend Sat., Feb. 18 & Mon. Feb. 20	
E 26	27 Fit to Fight Day					
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