



NORTHERN KARATE AURORA

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2023

JANUARY

HAPPY NEW YEAR

Wishing our students and their families a healthy and prosperous 2023.

FRIENDS AND FAMILY MONTH

January and February are friends and family months. Refer a friend or family member and they will receive a special welcome discount upon registration for a novice program. If your friend or family member registers, you will receive a ballot for a chance to win a Nintendo switch!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bo week	Start Your Martial Arts Journey! Get Fit & Have Fun! Challenge Yourself! Now is a great time to start!		4 Welcome back 2023 training starts	5 Lower Kata Review	6 Weapons Review Adults: BJJ	7  Spar a Sensei Adults: Higher kata review
Sai / tonfa	9 Stances	10 Blocks/strikes	11 kicks	12 Self-defense	13  sparring	14 Weapons
Bo week	16 Nunchaku	17  Spar	18 Weapons Wednesday	19 Combos	20 Bo vs Bo Adults: BJJ	21 Breakfalls
Sai / tonfa	23 Spin Kicks	24 Sai vs Tonfa	25 Grading Night Regular Classes Canceled Adult all belt 7:30	26  Spar and Sweat	27 Kick shields day	28 Self Defense Adults: Random
Bo week	30 Fit to Fight w/ Renshi Darrin	31 Work your jumps from Katas	MARCH BREAK CAMP Registration Now Available Limited Space – First come First Serve see staff for details			

Stripe week



on days marked w/ Bring sparring gear

Every year you make a resolution to change yourself. This year, make a resolution to be yourself. -- Unknown