

FEBRUARY 2023

NORTHERN KARATE SCHOOL
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SPARRING DAYS:
 FEB. 2
 FEB. 7 BLACK BELTS
 FEB. 17
 FEB. 22
 FEB. 27
 PLEASE REMEMBER
 TO BRING YOUR
 GEAR ON THESE DAYS

**SPECIAL GUEST
 INSTRUCTOR
 HANSHI OUSLIS.
 FEB 21.
 HANSHI WILL BE
 TEACHING THE
 7:25PM BLACK BELT
 AND 8:30PM
 ADULT CLASSES.**

**THE SCHOOL WILL
 BE CLOSED ON SAT.
 FEB. 18 &
 MON. FEB 20
 FOR THE FAMILY DAY
 WEEKEND.**

**SPECIAL GUEST
 INSTRUCTOR
 KYOSHI LA SELVA.
 FEB 15.
 KYOSHI WILL BE
 TEACHING THE
 5:10PM PRE/MAS
 6:40PM ADULT &
 7:30PM BLACK BELT
 CLASSES.**

| SUN | MON | TUES | WED | THUR | FRI | SAT |
|--|--|--|---|---|---|--|
| | | | 1 FOCUS PAD DRILLS PRE/MAS: TONFA | 2 SPARRING SPARRING ROUNDS (BBM/PRE/MAS) SPARRING GEAR REQUIRED | 3 NOVICE: BREAKFALLS BBM: INT. S.D. 1-3 PRE/MAS: INT. S.D. 8-10 | 4 KATA PURPLE TO BROWN: SAI ADV BROWN: BO |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| STRIPE WEEK | | | | | | |
| | | BLACK BELTS: SPARRING | BLACK BELTS: INT. S.D. 1-10 | NIDANS: NUNCHAKU | NIDANS: OAR | |
| 12 | 13 CURRICULUM SELF DEFENCE BLACK BELTS: KNIFE DEFENCE | 14 NOVICE: POWER PADS BBM: INTRO TO WEAPONS PRE/MAS: SAI & TONFA | 15 KATA SPECIAL GUEST INSTRUCTOR KYOSHI LA SELVA KYOSHI WILL BE TEACHING THE FOLLOWING CLASSES 5:10PM KIDS PRE/MAS 6:40PM ADULT CLASS 7:30PM BLACK BELT CLASS | 16 DEMO DRILLS WITH SENSEI MATTHEW & SENSEI JOE BBM/PRE/MAS CLASSES ONLY | 17 SPARRING POINT SPARRING MATCHES (BBM/PRE/MAS) SPARRING GEAR REQUIRED | 18 SCHOOL CLOSED FAMILY DAY WEEKEND |
| 19 HANSHI ALAIN SAILLY SEMINARS @ NKS MAPLE DOJO PRE/MAS & BLACK BELT EXCLUSIVE PLEASE SEE OFFICE STAFF TO REGISTER FOR THIS EVENT | 20 FAMILY DAY SCHOOL CLOSED | 21 KATA MINI KATA TOURNAMENT KIDS PRE/MAS ONLY SPECIAL GUEST INSTRUCTOR HANSHI OUSLIS HANSHI WILL BE TEACHING THE 7:25PM BLACK BELT AND 8:30PM ADULT CLASSES | 22 SPARRING KING & QUEEN OF THE RING (BBM/PRE/MAS) SPARRING GEAR REQUIRED | 23 CARDIO COMBAT® WITH RENSHI MARCELA & RENSHI LUKE KIDS PRE/MAS: 6:40 - 7:20PM ALL ADULTS: 7:25 - 8:25PM 8:15PM CLASS IS CANCELLED FOCUS PAD FLOW DRILLS IN ALL KIDS CLASSES | 24 CURRICULUM SELF DEFENCE BLACK BELTS: TEKKO | 25 COLOUR BELT EXAM ALL CLASSES CANCELLED |
| 26 | 27 SPARRING SPAR A SENSEI (BBM/PRE/MAS) SPARRING GEAR REQUIRED | 28 STICK DEFENCE (BBM/PRE/MAS) | MARCH BREAK CAMP REGISTRATION IS NOW OPEN. PLEASE SEE THE OFFICE STAFF FOR REGISTRATION DETAILS. | | | |