

NORTHERN KARATE

thornhill/concord/north york

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FEB 6 - 13

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 FEB 6	TUES FEB 7	WED FEB 8	THURS FEB 9	FRI FEB 10	SAT FEB 11	SUN FEB 12
10:00-11:00 All Belts Adult Required Curriculum	4:30-5:00 White Belts 7 and Under Concepts	10:00-11:00 Combat Conditioning Teen/Adult Conditioning	4:30-5:00 White Belts 7 and Under Strikes	10:00-11:00 All Belts Adult Required Curriculum	9:00-9:30 White Belts 7 and Under Blocks	9:00-9:30 White Belts 7 and Under Stances
4:30-5:10 Purple to Brown 10 and Under Partner Drills	5:00-5:30 Yellow Belts 8 and Under Turns	4:30-5:10 Fusion Orange to Blue Adv 8 and Under Level 1 Curriculum	5:00-5:30 Yellow Belts 8 and Under Stand Up	4:30-5:10 Orange to Blue Adv 8 and Under Striking	9:30-10:00 Yellow Belts 8 and Under Sparring	9:30-10:00 Yellow Belts 8 and Under Kicking
5:10-5:50 Yellow Belts 8 to 13 yrs Turns	5:30-6:10 Orange to Blue Adv 8 and Under Basics	5:10-5:50 Purple to Brown 10 and Under Striking Drills	5:30-6:10 Purple to Brown 11 to 13 yrs Striking Drills	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	10:00-10:40 Orange to Blue Adv 13 and Under Sparring
5:50-6:30 White Belts 8 to 13 yrs Concepts	A 6:10-6:50 Black Belts 13 and Under Kobudo- A	5:50-6:30 White Belts 8 to 13 yrs Strikes	F 6:10-6:50 Jion Brown Adv 13 and Under Sparring	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 Blocks / Sparring	10:40-11:20 White to Yellow 8-13 yrs Stances/Kicking
E 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 Basics	6:30-7:10 Yellow Belts 8 to 13 yrs Stand Up	B 6:50-7:30 Fusion Black Belts 13 and Under Striking	I 6:30-7:15 Enpi Brown Adv All Ages Kobudo	11:20-12:00 Orange to Blue Adv Teen/Adult Striking	11:20-12:10 White to Yellow Teen/Adult Blocks / Sparring
7:15-8:00 Purple to Brown 11 to Adult Partner Drills	7:30-8:15 White to Yellow Teen/Adult Concepts / Turns	7:10-7:50 Orange to Blue Adv 9 to 13 yrs Striking	7:30-8:15 White to Yellow Teen/Adult Strikes / Stand Up	L 7:15-8:00 Shodan Black Belts All Ages Ground Flow	12:00-1:00 Black Belts + All Ages Point Sparring	J 12:10-1:00 Sai Brown Adv All Ages Ground Flow Drills
8:00-8:45 Orange to Blue Adv Teen/Adult Basics	8:15-9:15 Black Belts + Teen/Adult Kobudo- A	7:50-8:45 Combat Conditioning Teen/Adult Conditioning	8:15-9:15 Black Belts + Teen/Adult Basic Combinations	8:00-8:45 Nidan+ Black Belts All Ages Ground Flow	1:00-2:00 Combat Conditioning Teen/Adult Conditioning	1:00-2:00 Combat Conditioning Teen/Adult Conditioning
8:45-9:30 Jion Brown Adv Belt Teen/Adult Sparring	9:15 - 10:15 Combat Veritas® Teen/Adult Ground	8:45-9:30 Fusion Orange to Brn Adv Teen/Adult Level 1 Curriculum	9:15 - 10:15 Combat Veritas® Teen/Adult Ground	8:45-9:30 Purple to Brown Teen/Adult Striking Drills	2:00 - 3:00 Combat Veritas® Teen/Adult Ground	2:00-2:45 Purple to Brown 11 to Adult Sparring