









NORTHERN KARATE AURORA

15420 Bayview Avenue., Aurora 905-726-8886

www.northernkarate.com



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BO WEEK	Magician of the Mat HANSHI ALAIN SAILLY Workshop/ Seminar February 19, 2023 Maple dojo 12-1:30 pm Purple belt to Black Belt 2:00 -3:30 pm Black Belt and staff		1 Heian Kata 5 Count	2 Self Defense 9 -10 BRING A FRIEND!	3 Pad Power Adult: BJJ	4 Adult Slow Kicks  Kids: Point Sparring
SAI - TONFA	6 7 STRIPE WEEK		8 Lower Kata	9 Kicks	10 Spar a Sensei 	11 Adults: Kama Kids: Breakfalls
BO WEEK	13 Fundamentals	14 Work your Speed & Reaction Time BRING A FRIEND!	15  Sparring	16 BBM BO BO Kata	17 Require Kata and Kobudo Adult: BJJ	18  DOJO CLOSED
SAI - TONFA	20  DOJO CLOSED	21 Stick & Knife Workshop	22 Grading Night Regular Kids Classes Cancelled Adults 7:30 pm	23 Spar 101 	24 Kicks Kicks & More Kicks BRING A FRIEND!	25 Nunchaku Training
BO WEEK	27 Fit to Fight w/ Renshi Darrin 6pm & 7pm	28 Kids Focus Pads Combos	February is Family Friends month 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! GIVE THE GIFT OF MARTIAL ARTS			



REGISTRATION ONGOING

MARCH BREAK CAMP

KARATE IN THE MORNING

- Accelerated Martial Arts Progress
- Weekly Stripe Assessment
- Report Cards

1 week of camp =1 month of Karate

FUN ACTIVITIES IN THE AFTERNOON

- Monday: Arts class
W/ Royal Rose Art Gallery
- Tuesday: Outdoor activity
- Wednesday : STEM and STEAM
- Thursday: Swimming
- Friday : Movies and Popcorn
- High Instructor-student Ratio