

MARCH 2023

# NORTHERN KARATE MARKHAM

S M T W T F S

Please note that we are open on our regular class schedule during March Break

STRIPE WEEK

			1 POINT SPARRING	2 REQUIRED KATA	3 SPARRING DRILLS	4 REQUIRED KATA
5	6 REQUIRED KATA	7 <b>BELT TESTING</b> NO REGULAR CLASSES	8 REQUIRED KATA	9 TEAM SPARRING	10 REQUIRED KATA	11 <b>PARENTS HOLD THE PADS</b>
12	13 SPARRING TIPS & TRICKS	14 REQUIRED KATA	15 TOURNAMENT KATA & SPARRING	16 REQUIRED KATA	17 <b>WEAR GREEN TO CLASS</b>	18 REQUIRED KATA
19	20 REQUIRED KATA	21 2 ON 1 SPARRING	22 REQUIRED KATA	23 KING/QUEEN OF THE HILL SPARRING	24 REQUIRED KATA	25 <b>COMBAT FITNESS @ 10:00AM</b> WITH RENSHI BRANDON NO GI REQUIRED
26	27	28 REQUIRED KATA	29 GROUND DEFENCE	30 REQUIRED KATA	31 SPARRING ROUNDS	



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