

MARCH 2023

NORTHERN KARATE SCHOOL
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SPARRING DAYS:
 MAR 9 (BLACK BELTS)
 MAR 17
 MAR 23
 MAR 27
 YOU MUST BRING YOUR SPARRING GEAR TO CLASS IN ORDER TO PARTICIPATE. THE SPARK MEMBER APP WILL ALSO HAVE REMINDERS ON THE HOME PAGE.

PURPLE TO BLACK BELTS PLEASE CHECK THE CALENDAR TO SEE WHEN YOU NEED TO BRING YOUR WEAPONS TO CLASS. THE SPARK MEMBER APP WILL ALSO HAVE A REMINDER ON THE HOME PAGE.

THE COLOUR BELT EXAM WILL TAKE PLACE ON MAR. 30. ALL REGULAR CLASSES ARE CANCELLED. BROWN BELTS ARE REQUIRED TO BRING THEIR SPARRING GEAR TO THE GRADING.

IF YOU WILL BE AWAY FOR STRIPE WEEK, PLEASE LET US KNOW AND WE WILL ARRANGE ANOTHER DAY FOR STRIPE ASSESSEMENTS.

SUN MON TUES WED THUR FRI SAT

5	6	7	8	9	10	11
STRIPE WEEK STRIPE WEEK						
	BLACK BELTS: SAI	BLACK BELTS: TONFA	BLACK BELTS: S.D.	BLACK BELTS: SPARRING	BLACK BELTS: SAI VS BO	BLACK BELTS: KATA
12	13 POWER PAD DRILLS PURPLE BELTS: BO	14 CURRICULUM SELF DEFENCE	15 KATA	16 IMPROVE YOUR GROUND GAME (BBM/PRE/MAS)	17 SPARRING (BBM/PRE/MAS) TO PARTICIPATE IN CLASS YOU MUST BRING YOUR SPARRING GEAR	18 FOCUS PAD MEMORY DRILLS
19	20 CURRICULUM SELF DEFENCE AD PURPLE BELTS: BO	21 KATA	22 JOINT LOCKS (BBM/PRE/MAS)	23 SPARRING (BBM/PRE/MAS) TO PARTICIPATE IN CLASS YOU MUST BRING YOUR SPARRING GEAR	24 POWER PAD DRILLS (NOVICE/BBM) PRE/MAS: MULTIPLE OPPONENT PAD DRILLS	25 KARATE TRAINING STATIONS (NOVICE/BBM) PRE/MAS: SHORT WEAPONS
26	27 SPARRING (BBM/PRE/MAS) TO PARTICIPATE IN CLASS YOU MUST BRING YOUR SPARRING GEAR	28 STICK DEFENCE (BBM/PRE/MAS) BUDO BLISS® WITH RENSHI LUCY DURING THE ADULT 8:30PM CLASS (ADULT WHITE TO BLACK ONLY)	29 FOCUS PAD DRILLS BROWN BELTS: BO	30 COLOUR BELT EXAM ALL CLASSES CANCELLED	31 IMPROVE YOUR KICKS (NOVICE/BBM) PRE/MAS: SHORT WEAPONS	

MARCH BREAK CAMP STARTS TOMORROW