























**Northern Karate Schools - Ajax**  
**338 Rossland Rd. East (905) 683-0777**  
**MARCH 2023** [www.northernkarate.com](http://www.northernkarate.com)



**NEWS & EVENTS...**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
"He who conquers himself is the mightiest warrior." ...Confucius			 1 <i>JAPANESE TERMINOLOGY</i>	 2 <b>Sparring</b>	 3 <b>Large Pad Drills</b>	 4 <b>SAI SATURDAY</b>
<b>C</b> 5	<b>STRIPE WEEK</b>					<b>L</b> 11
 12	 13 <b>Spar a Sensel</b>	 14 <b>Kata</b>	 15 <b>Angles</b>	 16 <b>Time to sweat</b>	 17 <b>Happy St Patrick's Day!</b>	 18 <b>BO</b>
<b>March Break</b>						
<b>S</b> 19	 20 Guest - Kyoshi La Selva (See Flyer)	 21 <b>Tonfa Tuesday</b>	<b>KATA Bunkai</b> 22	 23 <b>Sparring</b>	 24 <b>Back To Basics</b>	 25 <b>Shoulder Rolls</b>
<b>E</b> 26	 27 <b>Fit to Fight</b>	 28 <b>TIME FOR REVIEW</b>	<b>GRADING NIGHT</b> 29 	 30 <b>ATTACK DEFENCE</b> <b>SD 1 - 10</b>	 31 <b>NUNCHAKU NIGHT</b>	

**Mar. 12/22**  
**Daylight Savings Time Begins.** Just a reminder to move your clocks ahead 1 hour.



**Mar. 17/22**  
**Happy St. Patrick's Day!**

**Bu - Military**  
**Shi - Man, Samurai**  
**Do - Path/Way**

**Bushido - A strict code of discipline and ethics.**



We are proud to announce that once again, Northern Karate Schools has been voted #1 and has received the 2023 Top Choice Award!