




APRIL 2023

MON	TUE	WED	THU	FRI	SAT
					S Pad work 1
S Learn your required Self-Defense 3	K Learn or improve your required Kata 4	S SPARRING 5	K Stances Bring Your Sai 6	Easter Weekend	
Easter Weekend	S SPARRING 11	K Kihon higher level kata Bring Your Tonfa 12	S Take down and ground controle 13	K Kata Migi 14	S SPARRING 15
S SPARRING 17	K Stripe Testing - Stripe Testing - Stripe Testing - 18 19 20			S SPARRING 21	K - Stripe Testing - 22
K Kihon / Kobudo Bring Your Bo/Eku 24	S Continuous self defence 25	K Sanbon Kumite 26	S Multiple attackers SD 27	K Bunkai 28	K COLOUR BELT EXAM  No Regular Classes 29

ACCESS TO LIVE CLASSES
 Meeting ID: 947 4749 0911
 Password: Scarboro20

Apr 7- 8 - 9 - 10
 Easter weekend
 School closed

Apr 23
NKS Friendship tournament
 Northern Karate Schools- Markham
 1405 Denison Street Markham,
 Ontario L3R 5V2.

Apr 29
 Colour belt exam
 School closed