

NORTHERN KARATE

thornhill/concord/north york

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MARCH 6 - 12

UPCOMING EVENTS

Parents Night Out is Saturday, March 18th

No Conditioning or Combat Class on Saturday, March 11th because of NKS School Graduations

They are still spots available for our March Break Camp. Register through the STUDENT ZONE

-  Sparring Gear Mandatory
-  Bring your Weapons
-  Wear Workout Gear
-  Bring Combat Gear

MON MAR 6	TUES MAR 7	WED MAR 8	THURS MAR 9	FRI MAR 10	SAT MAR 11	SUN MAR 12
10:00-11:00 All Belts Adult Required Curriculum	4:30-5:00 White Belts 7 and Under Stances	10:00-11:00 Combat Conditioning Teen/Adult Conditioning	4:30-5:00 White Belts 7 and Under Concepts	10:00-11:00 All Belts Adult Required Curriculum	9:00-9:30 White Belts 7 and Under Strikes	9:00-9:30 White Belts 7 and Under Blocks
4:30-5:10 Purple to Brown 10 and Under Striking Drills	5:00-5:30 Yellow Belts 8 and Under Kicking	4:30-5:10 Fusion Orange to Blue Adv 8 and Under Level 1 Curriculum	5:00-5:30 Yellow Belts 8 and Under Turns	4:30-5:10 Orange to Blue Adv 8 and Under Kata	9:30-10:00 Yellow Belts 8 and Under Stand Up	9:30-10:00 Yellow Belts 8 and Under Sparring
5:10-5:50 Yellow Belts 8 to 13 yrs Kicking	5:30-6:10 Orange to Blue Adv 8 and Under Takedowns/Ground	5:10-5:50 Purple to Brown 10 and Under Kata	5:30-6:10 Purple to Brown 11 to 13 yrs Kata	5:10-5:50 Fusion Purple to Brown 13 and Under Level 1 Curriculum	10:00-10:40 Purple to Brown 10 and Under Ground Escapes	10:00-10:40/11:20-12:00 Orange to Green 13 and Under Basics
5:50-6:30 White Belts 8 to 13 yrs Stances	6:10-6:50 Black Belts 13 and Under Cont. Point Sparring	5:50-6:30 White Belts 8 to 13 yrs Concepts	6:10-6:50 Bassai Brown Adv 13 and Under Kobudo	5:50-6:30 Fusion Orange to Blue Adv 9 to 13 yrs Level 1 Curriculum	10:40-11:20 White to Yellow 8 to 13 yrs Strikes/Stand Up	10:40-11:20 White to Yellow 8 to 13 yrs Blocks/Sparring
6:30-7:15 Fusion Brown Adv 13 and Under Level 1 Curriculum	6:50-7:30 Orange to Blue Adv 9 to 13 yrs Takedowns/Ground	6:30-7:10 Yellow Belts 8 to 13 yrs Turns	6:50-7:30 Fusion Black Belts 13 and Under Self Defence	6:30-7:15 Jion Brown Adv All Ages Ground Flow Drills	11:20-12:00 Orange to Blue Adv Teen/Adult Basics	No Conditioning Or Combat Class
7:15-8:00 Purple to Brown 11 to Adult Striking Drills	7:30-8:15 White to Yellow Teen/Adult Strikes / Stand Up	7:10-7:50 Orange to Blue Adv 9 to 13 yrs Kata	7:30-8:15 White to Yellow Teen/Adult Ground Drills / Kata	7:15-8:00 Shodan Black Belts All Ages Escape to Standing	12:00-1:00 Black Belts + All Ages Kata- B	
8:00-8:45 Orange to Blue Adv Teen/Adult Striking	8:15-9:15 Black Belts + Teen/Adult Cont. Point Sparring	7:50-8:45 Combat Conditioning Teen/Adult Conditioning	8:15-9:15 Black Belts + Teen/Adult Weapon Defence	8:00-8:45 Nidan+ Black Belts All Ages Escape to Standing	No Conditioning Or Combat Class	
8:45-9:30 Bassai Brown Adv Belt Teen/Adult Kobudo	9:15 - 10:15 Combat Veritas® Teen/Adult Total	8:45-9:30 Fusion Orange to Brn Adv Teen/Adult Level 1 Curriculum	9:15 - 10:15 Combat Veritas® Teen/Adult Total	8:45-9:30 Purple to Brown Teen/Adult Kata	NKS Lunchtime School Grads	