



NORTHERN KARATE SCHOOLS - AURORA

15420 Bayview Ave., Aurora

905-726-8886

www.Northerkarate.com

www.auroranks.com



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bo Week	Coming in April Northern Karate Schools Friendship Tournament April 23, 2023		1 Kata Five count	2 Tekko Thursday	3 Creative Kata & CBB Games	4 Sparring Tournament Prep
Sai/Tonfa Week	6 Curriculum self defense	7 Tonfa Tuesday	8 Sparring Drills Tournament prep	9 Take down & sweeps	10 Power Pad Friday	11 Super Weapons Saturday Sai-Tonfa-Nunchaku
Bo Week	March Break Camp STRIPE WEEK				17 Happy St. Patrick's Day Kids : Sparring Adults: BJJ Tournament Prep	18 Slow Kick Saturday
	13 Stances	14 Kicks	15 Blocks/Strikes	16 Lower Kata		
Sai/Tonfa Week	20 3 person Kickshields	21 Sparring & Kata Tournament Prep	22 RAMADAN MUBARAK Rolls & Breakfalls	23 Kick - Kick Jump Kicks	24 Adult: Knife Defense Kids: Kick Defense	25 Kool Kama
Bo Week	27 Fit To Fight w/ Renshi Darrin 6 pm and 7pm	28 BBM BO Basics	29 Grading Night All Regular Classes Cancelled	30 Introduction to Sparring Tournament Prep	31 Kids : Kata Adults: BJJ Tournament Prep	It does not matter how slowly you go as long as you don't stop. -Persian Proverb

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**SUMMER
2023
CAMP**



KARATE IN THE MORNING

- Accelerated Martial Arts Progress
- Weekly Stripe Assessment
- Report Cards

1 week of camp = 1 month of Karate

FUN ACTIVITIES IN THE AFTERNOON

- Monday: Arts class
W/ Royal Rose Art Gallery
- Tuesday: Outdoor activity
- Wednesday : STEM and STEAM
- Thursday: Swimming
- Friday : Movies and Popcorn
- High Instructor-student Ratio

REGISTRATION ONGOING