






NORTHERN KARATE AURORA

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15420 Bayview Ave., Aurora ON

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
BO WEEK	Special Guest Instructor KYOSHI TONY LA SELVA APRIL 24, 2023 6:30-7:15 BBM * 7:15-8 Masters * 8-9 Adults			FRIENDSHIP TOURNAMENT April 23, 2023 NKS Markham Dojo Please check your emails for details		1 Breakfalls and Rolls	
SAI/TONFA	3	4	5	6	7	8	
	Stripe week						DOJO CLOSED FOR GOOD FRIDAY AND EASTER WEEKEND
BO WEEK	10 Multiple Attacker	11 KATA TOURNAMENT PREP	12 Masters: Random SPARRING TOURNAMENT PREP 	13 Masters: BO vs BO KATA TOURNAMENT PREP	14 PAD POWER FRIDAY Adult: BJJ	15 MASTERS: NUNCHAKU Kids: Sparring 	
SAI/TONFA	17 FIT TO FIGHT With Renshi Darrin	18 Masters: SAI vs SAI SPARRING TOURNAMENT PREP 	19 Masters: Sai KATA TOURNAMENT PREP	20 TONFA THURSDAY	21 SPARRING TOURNAMENT PREP 	22 Adults: Time SD JAPANESE TERMINOLOGY	
BO WEEK	24 GUEST INSTRUCTOR KYOSHI TONY LA SELVA	25 BBM BO BASICS REVIEW DAY	26 GRADING NIGHT KIDS CLASSES CANCELLED Adult all belt 7:30pm	27 SPARRING COMBOS 	28 SELF DEFENSE 1-10 Adult: BJJ	29 CRASH MAT SATURDAY	

Summer Camp Black Belt

Registration Ongoing

SEE FLYERS FOR DETAILS

"Keep your face to the sun and you will never see the shadows."

—Helen Keller

