

May 2023














Northern Karate School
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 www.northernkarateschools.com



MON TUES WED THUR FRI SAT

SUN

	1 Curriculum S.D. Novice/BBM: Basic S.D. Pre/Mas: Int S.D. Black Belts: Sai	2  Sparring (BBM/Pre/Mas) To participate in class, you must bring your sparring gear	3 Novice/BBM: Focus Pad Drills Pre/Mas: Timing & Distance Drills	4 Guest Instructor Kyoshi Moscone Kyoshi will be teaching the 6:40pm Kids Pre/Mas 7:25pm Adult & 8:15pm Black Belt classes.	5  Power Pads Pre/Mas: Sai & Tonfa	6 Kata Ad Brown Belts: Bo	
7	8	9	10	11 	12	13 Parents train with your kids Train with your kids in their classes Please register with the office	
Novice/BBM/Pre/Mas Stripe Week							
	Shodans: Nunchaku	Black Belts: Tonfa	Nidans & Higher: Tekko	Black Belts: Sparring 8:15pm class	Black Belts: Bo 7:30pm class		
14	15  Focus Pad Combinations	16  Kicking Combinations	17  Sparring (BBM/Pre/Mas) To participate in class, you must bring your sparring gear	18 Guest Instructor Kyoshi La Selva Kyoshi will be teaching the 6:40pm Kids Pre/Mas 7:25pm Adult & 8:15pm Black Belt classes.	19 Kata Pre/Mas: H2 & H2 Migi Kata	20  School Closed	
21	22  Happy Victoria Day School Closed	23  Power Pads	24 Kata Pre/Mas: Heian Kata Review	25 Cardio Combat® with Renshi Marcela Kids Pre/Mas: 6:40-7:20pm All Adults: 7:25-8:25pm The 8:15pm Black Belt class is cancelled.	26  Sparring (BBM/Pre/Mas) To participate in class, you must bring your sparring gear	27 Novice: Kata BBM: Kata Pre-Masters: Bo Masters: Sai & Tonfa	
28	29 Budo Bliss® with Renshi Lucy all Adults: 7:30-8:30pm Curriculum S.D. in all other classes	30 Kata Black Belts: Short Weapons Review	31 Colour Belt Exams  All Classes Cancelled	May 13 is train with your kids in class. See staff for our Mothers/Fathers Day promotion.			



Sparring Days:
 Tues May 2
 Thurs May 11 Black Belts
 Wed May 17
 Fri May 26
 You must bring your
 gear to class on these
 days in order to take
 part in class.

Sat. May 13, Parents
 can train with their kids
 during their regular
 class times. Please make
 sure to register for this
 event. See office staff
 for further details.

The school will be
 closed Sat. May 20 to
 Mon. May 22 for the
 Victoria Day
 long weekend.
 Regular classes will
 resume on Tues. May 23.

The colour belt
 exams will take place on
 Wed. May 31 by
 invitation only.
 All regular classes
 are cancelled.

As the weather gets
 warmer, please remember
 to bring your jackets and
 winter gear home.