

NORTHERN KARATE

thornhill/concord/north york

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JUNE 5 - 11

UPCOMING EVENTS

Parents Night Out is Saturday, June 24th

Summer Camp Black Belt® registration continues

2 Hours of Training Each Day. Fun Activities, Tournaments and Extra Stripe Evaluations

Mother/Father's Day Promo Continues

-  Sparring Gear Mandatory
-  Bring your Weapons
-  Wear Workout Gear
-  Bring Combat Gear
-  8 and Under Overflow
-  9 to 13 yrs Overflow

MON JUNE 5	TUES JUNE 6	WED JUNE 7	THURS JUNE 8	FRI JUNE 9	SAT JUNE 10	SUN JUNE 11
10:00-11:00 All Belts Adult Required Curriculum	4:30-5:00 White Belts 7 and Under Kicking	10:00-11:00 Combat Conditioning Teen/Adult Conditioning	4:30-5:00 White Belts 7 and Under Ground Drills	10:00-11:00 All Belts Adult Required Curriculum	9:00-9:30 White Belts 7 and Under Concepts	9:00-9:30 White Belts 7 and Under Strikes
4:30-5:10 Purple to Brown 10 and Under Kobudo	5:00-5:30 A Yellow Belts 8 and Under Ground Drills	4:30-5:10 Fusion Orange to Blue Adv 8 and Under Level 1 Curriculum	5:00-5:30 Yellow Belts 8 and Under Kata	4:30-5:10 Orange to Blue Adv 8 and Under Takedown/Ground	9:30-10:00 Yellow Belts 8 and Under Turns	9:30-10:00 Yellow Belts 8 and Under Stand Up
5:10-5:50 B Yellow Belts 8 to 13 yrs Kicking	5:30-6:10 Orange to Blue Adv 8 and Under Kicking	5:10-5:50 A Purple to Brown 10 and Under Ground Escapes	5:30-6:10 A Purple to Brown 11 to 13 yrs Ground Escapes	5:10-5:50 Fusion B Purple to Brown 13 and Under Level 1 Curriculum	10:00-10:40 Purple to Brown 10 and Under Kata	10:00-10:40/11:20-12:00 Orange to Blue Adv 13 and Under Kata
5:50-6:30 White Belts 8 to 13 yrs Ground Drills	C 6:10-6:50 Black Belts 13 and Under Stand Up Sparring	5:50-6:30 White Belts 8 to 13 yrs Ground Drills	H 6:10-6:50 H4 Brown Adv 13 and Under Kata	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 Ground Drills / Kata	10:40-11:20 White to Yellow 8 to 13 yrs Strikes/ Stand Up
G 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 Kicking	6:30-7:10 B Yellow Belts 8 to 13 yrs Kata	D 6:50-7:30 Fusion Black Belts 13 and Under Ground Drills	K 6:30-7:15 H5 Brown Adv All Ages Kata	11:20-12:00 Orange to Blue Adv Teen/Adult Kata	12:00-12:45 White to Yellow Teen/Adult Ground Drills / Kata
7:15-8:00 Purple to Brown 11 to Adult Kobudo	7:30-8:15 White to Yellow Teen/Adult Stances / Kicking	7:10-7:50 Orange to Blue Adv 9 to 13 yrs Takedown/Ground	7:30-8:15 White to Yellow Teen/Adult Kicking/Ground Drill	M 7:15-8:15 Black Belts + All Ages Pad Combinations	12:00-1:00 Black Belts + All Ages Kata- C	I 12:45-1:30 Bassai Brown Adv All Ages Kata
8:00-8:45 Orange to Blue Adv Teen/Adult Kicking	8:15-9:15 Black Belts + Teen/Adult Stand Up Sparring	7:50-8:45 Combat Conditioning Teen/Adult Conditioning	8:15-9:15 Black Belts + Teen/Adult Curriculum Review	8:15-9:00 Orange to Blue Adv Teen/Adult Takedown/Ground	1:00-2:00 Combat Conditioning Teen/Adult Conditioning	1:30-2:30 Combat Conditioning Teen/Adult Conditioning
8:45-9:30 H4 Brown Adv Belt Teen/Adult Kata	9:15 - 10:15 Combat Veritas® Teen/Adult Open Roll	8:45-9:30 Fusion Orange to Brn Adv Teen/Adult Level 1 Curriculum	9:15 - 10:15 Combat Veritas® Teen/Adult Stand Up	9:00-9:45 Purple to Brown Teen/Adult Ground Escapes	2:00 - 3:00 Combat Veritas® Teen/Adult Stand Up	2:30-3:15 Purple to Brown 11 to Adult Kata