

NORTHERN KARATE

thornhill/concord/north york

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JULY 3 - 9

UPCOMING EVENTS

Parents Night Out is Saturday, July 29th.

Summer Camp Black Belt® registration continues.

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

- ★ Sparring Gear Mandatory
- Bring your Weapons
- ▲ Wear Workout Gear
- ◆ Bring Combat Gear
- A 8 and Under Overflow
- B 9 to 13 yrs Overflow

MON JULY 3	TUES JULY 4	WED JULY 5	THURS JULY 6	FRI JULY 7	SAT JULY 8	SUN JULY 9
10:00-11:00 All Belts Adult	4:30-5:00 White Belts 7 and Under	10:00-11:00 Combat Conditioning Teen/Adult ▲	4:30-5:00 White Belts 7 and Under	10:00-11:00 All Belts Adult	9:00-9:30 White Belts 7 and Under	9:00-9:30 White Belts 7 and Under
Required Curriculum	Ground Drills	Conditioning	Kicking	Required Curriculum	Stances	Concepts
4:30-5:10 Purple to Brown 10 and Under	5:00-5:30 Yellow Belts 8 and Under	4:30-5:10 Fusion Orange to Blue Adv 8 and Under ▲ ◆	5:00-5:30 Yellow Belts 8 and Under	4:30-5:10 Orange to Blue Adv 8 and Under	9:30-10:00 Yellow Belts 8 and Under	9:30-10:00 Yellow Belts 8 and Under
Kata	Kata	Level 1 Curriculum	Ground Drill	Kicking Drills	Kicking	Turns
5:10-5:50 Yellow Belts 8 to 13 yrs	5:30-6:10 Orange to Blue Adv 8 and Under ★	5:10-5:50 Purple to Brown 10 and Under ★	5:30-6:10 Purple to Brown 11 to 13 yrs ★	5:10-5:50 Fusion Purple to Brown 13 and Under ▲ ◆	10:00-10:40 Purple to Brown 10 and Under	10:00-10:40/11:20-12:00 Orange to Blue Adv 13 and Under
Kata	Sparring	Sparring	Sparring	Level 1 Curriculum	Partner Drills	Takedowns/Ground
5:50-6:30 White Belts 8 to 13 yrs	A 6:10-6:50 Black Belts 13 and Under ●	5:50-6:30 White Belts 8 to 13 yrs	F 6:10-6:50 H3 Brown Adv 13 and Under ●	5:50-6:30 Fusion Orange to Blue Adv 9 to 13 yrs ▲ ◆	10:40-11:20 White to Yellow 8 to 13 yrs	10:40-11:20 White to Yellow 8 to 13 yrs
Ground Drills	Kobudo- A	Kicking	Kobudo	Level 1 Curriculum	Stances/Kicking	Concepts/Turns
E 6:30-7:15 Fusion Brown Adv 13 and Under ▲ ◆	6:50-7:30 Orange to Blue Adv 9 to 13 yrs ★	6:30-7:10 Yellow Belts 8 to 13 yrs	B 6:50-7:30 Fusion Black Belts 13 and Under ▲ ◆	K 6:30-7:15 H4 Brown Adv All Ages ●	11:20-12:00 Orange to Blue Adv Teen/Adult	12:00-12:45 White to Yellow Teen/Adult
Level 1 Curriculum	Sparring	Ground Drills	Striking	Kobudo	Takedowns/Ground	Concepts / Turns
7:15-8:00 Purple to Brown 11 to Adult	7:30-8:15 White to Yellow Teen/Adult	7:10-7:50 Orange to Blue Adv 9 to 13 yrs	7:30-8:15 White to Yellow Teen/Adult ★	L 7:15-8:15 Black Belts + All Ages	12:00-1:00 Black Belts + All Ages ★	I 12:45-1:30 H5 Brown Adv All Ages ●
Kata	Ground Drills/Kata	Kicking Drills	Blocks / Sparring	Ground Submissions	Point Sparring	Kobudo
8:00-8:45 Orange to Blue Adv Teen/Adult ★	8:15-9:15 Black Belts + Teen/Adult ●	7:50-8:45 Combat Conditioning Teen/Adult ▲	8:15-9:15 Black Belts + Teen/Adult	8:15-9:00 Orange to Blue Adv Teen/Adult	1:00-2:00 Combat Conditioning Teen/Adult ▲	1:30-2:30 Combat Conditioning Teen/Adult ▲
Sparring	Kobudo- A	Conditioning	Clean Basics	Kicking Drills	Conditioning	Conditioning
8:45-9:30 H3 Brown Adv Belt Teen/Adult ●	9:15 - 10:15 Combat Veritas® Teen/Adult ▲	8:45-9:30 Fusion Orange to Brn Adv Teen/Adult ▲ ◆	9:15 - 10:15 Combat Veritas® Teen/Adult ▲	9:00-9:45 Purple to Brown Teen/Adult ★	2:00 - 3:00 Combat Veritas® Teen/Adult ▲	2:30-3:15 Purple to Brown 11 to Adult
Kobudo	Ground	Level 1 Curriculum	Ground	Sparring	Ground	Partner Drills