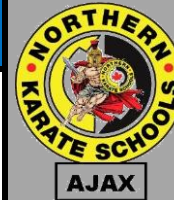


Northern Karate Schools - Ajax
338 Rossland Rd. East (905) 683-0777
AUGUST 2023 www.northernkarate.com



NEWS & EVENTS...

Dojo Closed...
 Aug. 5th & 7th for the Civic Holiday. Have a fun & safe long weekend.



Please note our change in Grading Night to Aug. 24th! (This is for August 2023 only)!



Dojo Closed... Aug. 31st to Sept. 4th for Labour Day Long Weekend. Classes resume Sept. 5th.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Discipline is doing what needs to be done, even if you don't want to. ...Author Unknown		Tonfa & Tekko Tuesday 	2 Sparring	5 & 8 Count Kata 	4 Kata Clean Up	5 Sorry We're CLOSED	
C L S E D	7 Sorry We're CLOSED	STRIPE WEEK					
13	14 Working Locks	15 Directional Kata	16 Basic Throws	17 Sparring	18 Work the Bo	19 Sai Saturday	
	21 Sparring	22 SD on Your Knees	23 REVIEW	24 GRADING NIGHT	25 Nunchaku Drills & Kata	26 Working Turns	
	28 Fit to Fight Night (Adult Class)	29 Random SD	30 Work Your Break Falls	31 Sorry We're CLOSED			
				Sept. 1	Sept. 2		