

NORTHERN KARATE SCHOOL AURORA

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August



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bo week		1 Chokes Defenses	2 Upper Body Hold N Strikes	3 Line Drills & Sparring 	4 Closed for Long Weekend	5 Closed for Long Weekend
Sai/tonfa week	7 Closed for Long Weekend	Stripe week			11 Self Defense	12 Sparring 
Bo week	14 Fit to Fight with Renshi Darrin	15 NUNCHAKU WORKSHOP	16 Sparring 	17 BBM: BO Masters: BO vs BO	18 Musical Team Kata Adult: BJJ	19 Circuit Training
Sai/tonfa week	21 Self Defense 6-7 Basic and Intermediate	22 Sparring 	23 Favorite T-Shirt Wednesday	24 Self Defense 9-10 Basic and Intermediate	25 Wave Masters Drills	26 BOKKEN WORKSHOP
Bo week	28 Adult Knife Defense Wear White T-shirt Kids: Stick Defense	29 Review Day	30 Grading Night All kids Classes Cancelled	31 Sparring 	SPACES STILL AVAILABLE FOR AUGUST 14-18 SUMMER CAMP THERE IS STILL TIME TO REGISTER!	

OPEN HOUSE

SATURDAY
September 30, 2023

**SPECIAL GUEST
INSTRUCTORS**

**SPECIAL TRAINING
SEMINAR**

**CAKES &
REFRESHMENTS**

**GAMES & BOUNCY
CASTLE**

ADULTS: 9:00 AM
KIDS 4-7 10:30 AM
KIDS 8-12 11:30 AM
PRE/MASTERS: 12:30 PM



Send us your best Karate picture while on Vacation! The World is your Dojo!

"Live in the sunshine, swim the sea, drink the wild air." Ralph Waldo Emerson