

NOVEMBER 2023

NORTHERN KARATE MARKHAM



S	M	T	W	T	F	S
			1 REQUIRED KATA	2 TOURNAMENT SPARRING	3 REQUIRED KATA	4 STUNT SCHOOL
5	6 PARENTS HOLD THE PADS	7 BELT TESTING NO REGULAR CLASSES	8 FLYING + SPINNING KICKS	9 REQUIRED KATA	10 TOURNAMENT SPARRING	11 REQUIRED KATA
12 STRIPE WEEK	13 REQUIRED KATA	14 MASTERS 2 ON 1 SPARRING	15 REQUIRED KATA	16	17 REQUIRED KATA	18 TOURNAMENT SPARRING
19	20	21 REQUIRED KATA	22	23 REQUIRED KATA	24	25 REQUIRED KATA
BULLYPROOF® WEEK • IN-CLASS SEMINARS						
26	27 REQUIRED KATA	28 BBM NUNCHAKU	29 REQUIRED KATA	30 SPAR A SENSEI		



905.475.0044

TOURNAMENT
DECEMBER 9TH
 INFO COMING
 EARLY NOVEMBER



www.nksmarkham.com