

February 2024



Northern Karate School

3883 Rutherford Rd, Woodbridge Ont., L4L 9R8

905-265-7777, rutherford@northernkarate.com



Sparring Days:
Feb 8 Pre/Mas only
Feb 13 BBM only
Feb 21
Feb 26

The school will be closed on Monday Feb 19 for Family Day.



Feb 22 Renshi Marcela will be teaching Cardio Combat® 6:40pm kids Pre/Mas 7:25pm All Adults White to Black belt 8:15pm class is cancelled. Come workout in your workout attire.

Feb 24 Hanshi Borkowski will be teaching the following classes. 11:20 Kids Pre/Mas 12:05pm Adult class 12:50pm-1:15pm Black Belt extension.

THUR

FRI

SAT













1 Partner Exchange Drills	2  Stick Defence (BBM/Pre/Mas)	3  Sparring (BBM/Pre/Mas) Sparring Gear Mandatory
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SUN

MON

TUES

WED

4	5 	6 	7	8 	9 	10 
Novice/BBM Stripe Week						
	Pre/Mas: Focus Pad Combinations	Pre/Mas: Tonfa	Pre/Mas: Kata	Pre/Mas: Sparring	Pre/Mas: Sai	Pre/Mas: Bo
11	12 	13 	14	15	16 	17
Pre/Masters Stripe Week						
	Novice/BBM: Improve your Kicks	BBM: Sparring	Novice/BBM: Self Defence	Novice/BBM: Kata	Novice/BBM: Focus Pad Combos	BBM: Basics with Weapons
18	19  Family Day School Closed	20 Curriculum Self Defence Black Belts: Short Weapons	21  Sparring (BBM/Pre/Mas) Point Sparring Matches Sparring Gear Mandatory	22 Cardio Combat® with Renshi Marcela 6:40 Kids Purple-Black 7:25 All Adults White-Black 8:15pm class cancelled Focus Pad drills in all kids classes	23 Demo Drills with Sensei Matthew & Sensei Joe (BBM/Pre/Mas only)	24 Special Guest Hanshi Borkowski Hanshi will be teaching 11:20am Kids Pre/Mas 12:05pm Adult BBM/Pre/Mas 12:50pm-1:15 Black belt ext.
25	26  Spar a Sensei (BBM/Pre/Mas) Sparring Gear Mandatory	27 Escapes	28 Kata 7:30pm Black Belt class: Continuous Kata: goal 45 katas	29 Colour Belt Graduations  All Classes Cancelled	March Break camp registration is now open. Please see staff for further details.	