Northern Karate Schools - Ajax

338 Rossland Rd. East (905) 683-0777

November 2026 www.nksajax.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Work on Your Escapes	3 Random SD	4 Kobudo	5 Work Your Kicks	6 Heian Kata Review	7 Wave Master Workout
9	10	11 Remembrance Day	12	13	14
16 Kata Bunkai	17 Sparring	18 Shorin Ryu Katas	19 Kids: Nunchaku Black Belt & Adults: Magazine Defence	20 Migi Kata	21 Weapons Accuracy
23 Special Guest: Hanshi Tony La Selva *See Flyer	24 Cardio Combat®	25 GRADING NIGHT	26 Stretching	27 Speed & Power Training	28 Kata
30 Sparring					

STRIPE WEEK

The Bamboo That Bends is Stronger Than The Oak That Resists.

...Japanese Proverb

NEWS & EVENTS...

November 6 - 8/26

CAPITAL CONQUEST

Staff training at Capital Conquest in Gatineau, Quebec. Martial Arts Seminars with instructors from all over the world.

November 11/26

Please take a moment to remember the brave Men & Women who sacrificed so much for the Freedom we enjoy!

Nov. 14/26

2:00 - 5:00 pm

NKS Ajax Black Belt Test (Shodans & Nidans)

*Invite Only

Monday, November 23/26

Special Guest: Hanshi Tony La Selva

NKS Richmond Hill Director

Hanshi La Selva will be teaching:

Masters - Brown & Brown Adv. 6:55 - 7:55 pm

Black Belts & Adults 8:00 - 9:00 pm