NORTHERN KARATE AURORA

15420 Bayview Ave., Aurora ON 905-726-88886

November

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BO AND OAR	2 Sweeps and Throws	3 Sparring 101	4 BBM Bo Basics	5 Jump Kicks w/ Sensei Sahand Adults:Sensei Joey	6 Pad Pounding Friday	7 Bo vs Tonfa Kids: Breakfalls
SAI AND TONFA	9 **Basics**	10 **Blocks**	11 **Lower Kata**	12 **Kicks**	13 **Ground**	14 Sparring
BO AND OAR	16 Renshi Darrins Fit to Fight	17 Matayoshi Sai and Tonfa	18 Sparring	19 BBM Bo Basics Masters: New Bo KATA	20 Fun Agility Ladder Races	21 Circuit Training
SAI & TONFA	23 Tonfa Basics and Kata	24 Review Day	25 Grading Night Regular Kids **Classes Cancelled**	26 Sparring Drills	27 Karate Game Night	28 Stick and Knife Defense
BO AND OAR	30 Nunchaku Basics and Kata	**NKS AFTER DARK: THE GLOW TAKEOVER!** PARENTS NIGHT OFF! Kids, get ready for the coolest night We're turning the dojo into a GLOW PARTY ZONE for one unforgettable evening! November 28, 2026 5:30pm-9:00pm		BLACK BELT GRADUATION DECEMBER 6, 2026 YORK UNIVERSITY TAIT MCKENZIE GYM *Congratulations to all getting their promotion*		

STRIPE WEEK

"DON'T WAIT UNTIL THE CONDITIONS ARE PERFECT TO BEGIN. BEGINNING MAKES THE CONDITIONS PERFECT." - ALAN COHEN