# Northern Karate Schools Calendar of Events

**11160 Yonge Street, Richmond Hill**

**(905) 508-5811**

# November

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|
| **Sparring Week** | | | | | |
| **Stripe Week** | | | | | |
| 16 ADVANCED KICKING DRILLS | 17 BLENDING BOXING + KARATE | 18 WEAPONS WEDNESDAY | 19 KARATE CIRCUITS | 20 PAD POWER | 21 TEAM SPARRING |
| 23 GROUND DEFENSE | 24 Masters bo/ bo kumite with HANSHI | 25 curriculum check night | 26 GRADING NIGHT | 37 KIDS PLAY SENSEI SAYS | 28 KATA PERFORMANCE |
| SPAR A SENSEI | | | | | |

## Events

Thurs. Nov. 5 8-9pm
CARDIO COMBAT® w/
Kyoshi Dori La Selva

Thurs. Nov. 26
Grading Night
No Regular Classes

COMING IN DECEMBER
Black Belt Graduation
Sun. Dec. 6