November 2026

Northern Karate School
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SUN	MON	TUES	WED	THUR	FRI	SAT
1 Adv Brown Belts with 4 Stripes Black Belt Prep Class 9:30am - 11:30am	2	3 *New adult schedule starts	4	5	6	7 **Bring a Buddy to your class** Registration forms will be emailed out
	Novice/BBM Stripe Week					
	Purple & Adv Purple: Bo Brown & Adv Brown: S.D.	Pre/Mas: Tonfa	Pre/Mas: Sparring	Pre/Mas: Sai	Pre/Mas: Kata	
8 Adv Brown Belts with 4 Stripes Black Belt Prep Class 9:30am - 11:30am	9	10 7:45pm Black Belts: Sparring	11	12	13	14 **Kata** The Teen/Adult class will start at 12:20pm and run until 1pm for this Saturday only
	Pre/Masters Stripe Week					
	Novice/BBM: Self Defence	BBM: Sparring	Novice/BBM: Kata 7:45pm Black Belts: Bo	Novice/BBM: Power Pads	Novice/BBM: Stance Work & Turns	
15	16 **Stick Defence** (BBM/Pre/Mas) Do not bring your bo	17 **Cardio Combat®** with Renshi Marcela Kids Yellow to Black 6:20pm All Adults 7:00pm the 7:45pm class is cancelled Curriculum Self Defence in earlier kids classes	18 **Sparring** Point Sparring Matches	19 Pre/Mas: Tonfa BBM: Weapons Basics Novice: Power Pads	20 **Kata** 7:45pm Black Belts: Nunchaku	21 **Circuit Training** All Kids classes **Adults: Bo Drills & Bo Kata**
22	23 **Pre/Mas: Improve your Ground Game** Novice/BBM: Curriculum Self Defence	24 **Kata** 7:45pm Black Belts: Oar	25 **Colour Belt Graduation** All regular classes cancelled	26 **Improve your Kicks** Focus on Sidekick	27 **Sparring** Sparring Rounds	28 **Come Punch, Kick & Sweat with your Kids** Bring your Parents to your class. Registration forms will be emailed out
29	30 **Kata** Pre/Mas: Migi Kata					

Bring your buddy Sat. Nov. 7 to your class and then bring your Parents to your class on Nov. 28. Registration forms have been emailed out.

Sparring Days:
Nov 4 Pre/Mas only
Nov 10 BBM & Black
Nov 18
Nov 27

Nov 2 - Nov 6 is Stripe week for White to Adv Blue belts.
Nov 9 - Nov 13 is Stripe week for Purple to Adv Brown belts.

Nov 7 is Bring a Buddy to your class. Your buddy must register for the class. Forms have been emailed out.

Nov 28 is Bring your Parents to your class. Your parents register for the class. Forms have will be emailed out.

Nov 25 is the Colour belt graduation. All regular classes are cancelled.