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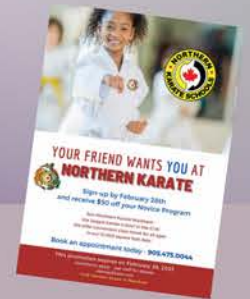
# NORTHERN KARATE MARKHAM

# JANUARY 2023

	S	M	T	W	T	F	S
	1 DOJO CLOSED FOR NEW YEARS	2 DOJO CLOSED FOR NEW YEARS	3 REQUIRED KATA	4	5 REQUIRED KATA	6 SPAR A SENSEI	7 REQUIRED KATA
	8	9 REQUIRED KATA	10 BELT TESTING NO REGULAR CLASSES	11 REQUIRED KATA	12 PARTNER STRETCHING	13 REQUIRED KATA	14 GROUND DEFENCE DAY
STRIPE WEEK	15	16 2 ON 1 SPARRING	17 REQUIRED KATA	18	19 REQUIRED KATA	20 COMBAT FITNESS 7:40 WITH RENSHI BRANDON NO GI	21 REQUIRED KATA
	22	23 REQUIRED KATA	24 SLOW KICKS	25 REQUIRED KATA	26 TEAM SPARRING	27 REQUIRED KATA	28
	29	30	31 REQUIRED KATA				



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