



JULY 2022



NORTHERN KARATE MARKHAM

"LIVE IN THE SUNSHINE, SWIM IN THE SEA, DRINK THE WILD AIR."

~ RALPH WALDO EMERSON



SCAN ME

	S	M	T	W	T	F	S
						 1 DOJO CLOSED CANADA DAY LONG WEEKEND	2 DOJO CLOSED CANADA DAY LONG WEEKEND
	3	4	5 BELT TESTING NO REGULAR CLASSES	6 REQUIRED KATA	7 FLYING KICKS	8 REQUIRED KATA T-SHIRT TRAINING FRIDAYS	9
STRIPE WEEK	10	11 OBSTACLE COURSE	12 REQUIRED KATA	13	14 REQUIRED KATA	15 T-SHIRT TRAINING FRIDAYS	16 REQUIRED KATA
	17	18 REQUIRED KATA	19	20 REQUIRED KATA	21	22 REQUIRED KATA T-SHIRT TRAINING FRIDAYS	23 OUTDOOR TRAINING IN OUR PARKING LOT
	24/31	25	26 REQUIRED KATA	27 100 PUSHUPS IN EVERY CLASS	28 REQUIRED KATA	29 T-SHIRT TRAINING FRIDAYS	30 REQUIRED KATA

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