

NORTHERN KARATE LUNCH PROGRAM



KICKING RECESS INTO HIGH GEAR

TO REGISTER YOUR CHILD PLEASE [CLICK HERE](#)



Our lunchtime recess martial arts program is designed to introduce students to the benefits of martial arts training. Students participate in classes taught by professional Northern Karate instructors at your school during the lunch hour.

The Northern Karate Lunch Program will run once a week for 6 weeks. Certified Northern Karate instructors will arrive at the school during the lunch hour to teach class after children have eaten. Each class is 30-40 minutes long and covers karate basics (stances, punches and kicks) as well as various martial arts drills, pad work and karate games. Students will participate in comfortable clothing and running shoes

The cost of the course to each student is \$90 + HST (6 week course) offered to Grades 1-3. Northern Karate is responsible for collecting course fees from students.

All profits from the program are donated back to your school at the end of the program.

To date, Northern Karate - Thornhill has raised over **\$75,000 for Schools in our area.**

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