



## DECEMBER 2011

As we ramp-up to NKS' 40th anniversary celebrations, this month's QUEST EVENT featured a recap of 2011 topics and **MASTER BORKOWSKI'S Personal Best Assessment + 2012 Goal Maps.**

- Bun Bu*—Sword and Haiku
- The Chinese Connection
- Undo, Oyo and Bunkai
- Koryu Jujitsu Samurai Defence
- Budo no Michi* Martial Path
- Shu Hai Ri*
- Long Weapons Okinawan vs Japanese
- 10 Principles of Kata
- Decoding the *Bubishi*—Vital Points
- Tanrenho + Shurite Kata and Conditioning
- Bo, eku, nunti

NKS' CURRICULUM FEATURES A UNIQUE BLEND OF TRADITIONAL AND CONTEMPORARY TRAINING.

In keeping with our commitment to *provide the best martial arts and life skills education*, there are no additional fees for special activities. For information about **Quest Events** and other program benefits, consult NKS Student Care reps.



**NORTHERN KARATE SCHOOLS**  
**Personal Best Summary**

In keeping with NKS' mission - to provide the best martial arts and life skills education - we encourage students (and families/friends) to evaluate progress toward martial, personal and professional goals.

NAME \_\_\_\_\_

AGE \_\_\_\_\_

CURRENT RANK \_\_\_\_\_

LENGTH OF TIME TRAINING \_\_\_\_\_

Summary of martial arts accomplishments (physical, mental and spiritual):  
 \_\_\_\_\_  
 \_\_\_\_\_

Martial arts goals for the upcoming year (ex: improved basics or sparring skills, conduct research, assist in classes, achieve additional stripes, belts, stars, program graduation, etc.):  
 \_\_\_\_\_  
 \_\_\_\_\_

Summary of other accomplishments (personal, academic, professional, community):  
 \_\_\_\_\_  
 \_\_\_\_\_

Other goals for the upcoming year (personal, academic, professional, community):  
 \_\_\_\_\_  
 \_\_\_\_\_

Northern Karate Schools congratulate you on your continued quest toward Personal Best and we're honoured to play a role in your physical, mental and spiritual enrichment. We cherish the time, energy and passion you share with us throughout the year and wish you, your families and friends a happy, healthy and peaceful holiday season. Coming in 2012 - NKS' 40th Anniversary...the best is yet to come!

Hanshi Borkowski, Kyoshi Manzo, Shihan Sorvello and the NKS Midtown Team