



# December 2018



## Northern Karate Schools -Steeles Dojo



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>“When you perform a kata, it is not just to show how well you can do it or to improve your skills. It is to represent your Sensei and to honor them and what was taught to you.”</b></p> <p style="text-align: right;">- Anonymous</p>						<sup>1</sup> <b>Circuit Training</b>
<sup>2</sup> <b>KREATE YOUR OWN KATA</b>	<sup>3</sup>	<sup>4</sup>	<sup>5</sup> <b>KATA CURRICULUM</b>	<sup>6</sup> Curriculum Self Defense	<sup>7</sup> <b>WEAPONS CURRICULUM</b>	<sup>8</sup> <b>Sweaty Pad Saturday</b>
<b>STRIPE WEEK STRIPE WEEK</b>						
<sup>9</sup> <b>SPARRING</b>  BLACK BELT GRADUATION @ YORK U-2:00PM	<sup>10</sup> <b>BREAK YOUR FALLS</b> 	<sup>11</sup> <b>TONFA TUESDAY</b>	<sup>12</sup> <b>DYNAMIC DICE DRILLS</b> 	<sup>13</sup> <b>Applying Kata</b> 	<sup>14</sup> Curriculum Self Defense	<sup>15</sup> <b>Obstacle Course</b> 
<sup>16</sup> <b>SAI SUNDAY</b>	<sup>17</sup> <b>MEGA HANDPAD MONDAY</b> 	<sup>18</sup> <b>KATA, KATA, AND MORE KATA! REVIEW BEFORE HOLIDAY BREAK!</b>	<sup>19</sup> <b>KUTTING EDGE KAMA</b>	<sup>20</sup> <b>Spar ALL Your Sensei's!</b>	<sup>21</sup> <b>GRADING ALL CLASSES CANCELLED</b>	<sup>22</sup> <b>DOJO CLOSED</b>
<sup>23</sup>	<sup>24</sup>	<sup>25</sup>	<sup>26</sup>	<sup>27</sup>	<sup>28</sup>	<sup>29</sup>
<b>HAVE A FUN AND SAFE HOLIDAY BREAK! CLASSES RESUME Saturday, January 5th</b>						
<sup>30</sup>	<sup>31</sup>	Jan 1	Jan 2	Jan 3	Jan 4	Jan 5
<b>DOJO CLOSED</b>				<b>DOJO CLOSED</b>		<b>DOJO CLOSED</b>
						<b>Back To Karate!</b>

### REMINDERS DOJO CLOSED:

Sat. Dec 22nd  
To  
Fri. Jan 4th

Regular classes resume on  
Sat. Jan 5th

#### Sparring Days:

Sun. Dec 9th  
Thurs. Dec 20th

All Gear is Mandatory

January + February  
Are Friends + Family  
Months!

#### Colour Belt Grading

Fri. Dec 21st

Children: 5:00pm  
Adults: 6:00pm

No Classes Due to  
Grading