



February 2019



Northern Karate Schools -Steeles Dojo



4350 Steeles Ave. W

www.northernkarate.com

905-856-4047

steeles@northernkarate.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>“Grade +Fade: If the belt is the goal, you will quit once you receive it. If knowledge is the goal, you will never stop training.”</p>					<p>BO ACCURACY ¹</p>	<p>SWEATY KATA SATURDAY, PAD DRILLS IN BETWEEN EACH KATA ²</p>
<p>SPARRING ³</p>		<p>Kata Curriculum ⁵</p>			<p>Curriculum Self Defense ⁸</p>	<p>Using Pads to Work Your Kicks ⁹</p>
NOVICE / BBM STRIPE WEEK		NOVICE / BBM STRIPE WEEK				
<p>BOARD BREAKING ¹⁰</p>		<p>Kata Curriculum ¹²</p>	<p>Weapon Curriculum ¹³</p>	<p>Curriculum Self Defense ¹⁴</p>		<p>SUPER ¹⁶</p>
PRE-MAST / MAST STRIPE WEEK		PRE-MAST / MAST STRIPE WEEK				<p>KICKSHIELD SATURDAY!</p>
<p>DOJO CLOSED ¹⁷</p>	<p>FAMILY DAY DOJO CLOSED ¹⁸</p>	<p>SPARRING ¹⁹</p>	<p>1 - 10 KATA + SELF DEFENSE ²⁰</p>	<p>THRILLING TEKKO THURDAY ²¹</p>	<p>LINE DRILLS LINE DRILLS LINE DRILLS LINE DRILLS ²²</p>	<p>Curriculum Self Defense ²³</p>
<p>WORK YOUR UPPERBODY, WITH PADS! ²⁴</p>	<p>SPARRING ²⁵</p>	<p>FIVE COUNT KATAS + KATAS TO THE RIGHT ²⁶</p>	<p>WORK YOUR REACTION TIME ²⁷</p>	<p>GRADING ALL CLASSES CANCELLED ²⁸</p>	<p>Friends and Family Month is still going on. Tell your Friends and Family about us and bring them in with you!</p>	

REMINDERS

Dojo Closed:

Sun. Feb 17th
Mon. Feb 18th

Family Day Long Weekend

Sparring Days:

Sun. Feb 3rd
Tue. Feb 19th
Mon. Feb 25th

All Equipment Mandatory

Colour Belt Grading

Thurs. Feb 28th

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

No Classes due to Grading