



# April 2019



## Northern Karate Schools -Steeles Dojo






















4350 Steeles Ave. W

www.northernkarate.com

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	DICE + DODGEBALL DRILLS 	DIRECTIONAL 2 KATA + TO THE RIGHT 	 Rochin, Tinbe + Kama	WORK YOUR ACCURACY WITH THE PADS 	SPARRING 	Curriculum Self Defense
SAI SUNDAY 		Kata Curriculum		Curriculum Self Defense		SPARRING 
NOVICE / BBM STRIPE WEEK			NOVICE / BBM STRIPE WEEK			
BELLYPAD BLAST 		Curriculum Self Defense	Special Guest Hanshi Alain Sailly	Weapon Curriculum	DOJO CLOSED	Racket Accuracy Drills 
PRE-MAST / MAST STRIPE		WEEK				
EASTER DOJO CLOSED	NUNCHAKU NIGHT 	SPARRING 	Self Defense With Every Day Objects 	COOL CARD DRILLS 	FANTASTIC JUMP KICK FRIDAY 	GRADING ALL CLASSES CANCELLED
Obstacle Course 	SPARRING 	THAI PAD TUESDAY 	"KARATE REQUIRES PATIENCE. THERE IS NO QUICK WAY TO GROW A TREE THAT IS STRONG ENOUGH TO WITHSTAND A STORM."			

### REMINDERS

#### Dojo Closed:

Fri. Apr 19th  
Sun. Apr 21st

Easter Long Weekend

#### SPECIAL GUEST INSTRUCTOR:

**HANSHI  
ALAIN SAILLY**

Wed. Apr 17th

#### Sparring Days:

Fri. Apr 5th  
Sat. Apr 13th  
Tues. Apr 23rd  
Mon. Apr 29th

#### Colour Belt Grading:

Sat. Apr 27th

Children: 10:30am  
Adults: 12:00pm