



May 2019



Northern Karate Schools -Steeles Dojo











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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
" YOU WON'T ALWAYS BE MOTIVATED, THAT'S WHY YOU HAVE TO LEARN TO BE DISCIPLINED."			KAMA VS. BO 	KATA, 5 COUNT, TO THE RIGHT	Curriculum Self Defense	WORK YOUR BLOCKS WITH PADS 
SPARRING 		Kata Curriculum		Curriculum Self Defense		PINPOINT PING PONG BALL DRILLS
NOVICE / BBM STRIPE WEEK			NOVICE / BBM STRIPE WEEK			
Mother's Day Challenge Bring your mom to class!		Curriculum Self Defense	Kata Curriculum	SPARRING 	Weapon Curriculum	DOJO CLOSED
PRE-MAST / MAST STRIPE WEEK			PRE-MAST / MAST STRIPE WEEK			
DOJO CLOSED	VICTORIA DAY DOJO CLOSED	KATA WITH KONVICTION	Children: Multiple Partner pads Adults: Multiple Attacker SD	WORK YOUR KICKS 	WORK YOUR CO-ORDINATION	KRUSHING KICKSHIELDS 
Curriculum Self Defense	SPARRING 	TONFA TUESDAY 	KARATE STATIONS	KATA'S WITH A TWIST	GRADING NO REGULAR CLASSES	

REMINDERS

DOJO CLOSED:

Sat. May 18th
Sun. May 19th
Mon. May 20th

Victoria Day
Long Weekend

SPARRING DAYS:

Sun. May 5th
Thurs. May 16th
Mon. May 27th

Colour Belt Grading

Fri. May 31st

Children: 5:30pm
Adults: 6:30pm

No Regular Classes

Coming In June!

Black Belt Graduation
Sunday, June 9th @
York University 2:00pm