



September 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
1 DOJO CLOSED	2 LABOR DAY DOJO CLOSED	3	4 Kata Curriculum	5	6	7 Curriculum Self Defense
		NOVICE / BBM STRIPE WEEK				NOVICE / BBM STRIPE WEEK
8 SPARRING 	9	10 Kata Curriculum	11	12	13 Weapon Curriculum	14 SUPER THAI PAD SATURDAY
		PRE-MAST / MAST STRIPE WEEK		PRE-MAST / MAST STRIPE WEEK		
15 DIFFERENT WAYS TO DO KATA	16 SPARRING 	17 Curriculum Self Defense	18 WORK YOUR WEAPON ACCURACY 	19 DICE DRILLS	20 THROWS +20 TAKEDOWNS 	21 KARATE STATIONS
22 SAI SUNDAY 	23 MEGA HANDPAD MONDAY	24 BBM: WEAPONS ON PADS PRE/MASTERS: WEAPONS APPLICATION	25 DEFENSE WITH MAGAZINES	26 SPARRING 	27 Obstacle Courses 	28 GRADING ALL CLASSES CANCELLED
29 Curriculum Self Defense	30 DYNAMIC DEMO DRILLS 	" YOUR BIGGEST CHALLENGE ISN'T SOMEONE ELSE. IT'S THE ACHE IN YOUR LUNGS, THE BURNING IN YOUR LEGS, THE VOICE INSIDE YOU THAT YELLS 'CAN'T', BUT YOU DON'T LISTEN. YOU JUST PUSH HARDER. THEN YOU HEAR THE VOICE WHISPER 'CAN'. YOU THEN DISCOVER THAT THE PERSON YOU THOUGHT YOU WERE IS NO MATCH FOR THE ONE YOU REALLY ARE."				

REMINDERS

DOJO CLOSED:

Sun. Sept 1st
Mon. Sept 2nd

Labor Day
Long Weekend

SPARRING DAYS:

Sun. Sept 8th
Mon. Sept 16th
Thurs. Sept 26th

All Equipment
Mandatory

Color Belt Grading

Sat. Sept 28th

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

No Regular Classes
Due to Grading