



October 2019



Northern Karate Schools -Steeles Dojo








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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
"OLD WAYS WON'T OPEN NEW DOORS."		HOW TO: 1 DEFEND AGAINST KNIVES	KOOL HAMA 2 	IMPROVE YOUR KARATE USING CUPS! 3	SPARRING 4 	HYPER HANDPADS 5
6 WORK YOUR STANCES	7	8 Kata Curriculum	9	10 Curriculum Self Defense	11	12 SPARRING 
NOVICE / BBM STRIPE WEEK						
13 DOJO CLOSED	14 THANKSGIVING DOJO CLOSED	15	16 Kata Curriculum	17 Weapon Curriculum	18 Curriculum Self Defense	19
PRE-MAST / MAST STRIPE WEEK						
20 SPARRING 	21 DODGEBALL DRILLS	22 WORK YOUR KICKS	23 Curriculum Self Defense	24 HOW TO: DEFEND AGAINST STICKS	25 WICKED WEAPONS WORKSHOP	26 SUPERB KATA SATURDAY
27 WORK YOUR SPEED	28 SPARRING 	29 Curriculum Self Defense	30 GRADING ALL CLASSES CANCELLED	31 HALLOWEEN DOJO CLOSED	"YOU DON'T ALWAYS WIN YOUR BATTLES, BUT IT'S GOOD TO KNOW YOU FOUGHT."	

REMINDERS
DOJO CLOSED:

Sun. Oct 13th
Mon. Oct 14th
Thurs. Oct 31st

No Classes,
Thanksgiving Long
Weekend and
Halloween

SPARRING DATES:

Fri. Oct 4th
Sat. Oct 12th
Sun. Oct 20th
Mon. Oct 28th

All Gear Mandatory

Colour Belt Grading

Wed. Oct 30th

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

No Regular Classes
Due to the Grading