



March 2020

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 FAST & FURIOUS PADWORK	2	3 Kata Curriculum	4	5 Curriculum Self Defense	6	7 WORK YOUR UPPER BODY 
NOVICE / BBM STRIPE WEEK			NOVICE / BBM STRIPE WEEK			
8 SPARRING 	9	10	11 Kata Curriculum	12	13 Weapon Curriculum	14 Curriculum Self Defense
PRE-MAST / MAST STRIPE WEEK			PRE-MAST / MAST STRIPE WEEK			
15 Circuit Training 	16 SPARRING 	17 DIRECTIONAL KATA	18  Target Practice With Bo	19 GRAPPLING 	20 Obstacle Course 	21 KICKS BY THE TENS 
22 Curriculum Self Defense	23 <i>Cardio Karate</i> Cardio Basics & Kata 	24 SPARRING 	25  FOCUS MITT WORK	26 LINE DRILLS LINE DRILLS LINE DRILLS LINE DRILLS LINE DRILLS	27 WORK YOUR LOWER BODY 	28 GRADING ALL CLASSES CANCELLED
29 SPEED DRILL SUNDAY! 	30  TAKEDOWNS + THROWS	31 Curriculum Self Defense	“The reason people give up is because they focus on how far they have to go, instead of how far they have come.”			

REMINDERS

SPARRING DAYS:

- Sun. Mar 8th
- Mon. Mar 16th
- Tues. Mar 24th

All Sparring Gear is Mandatory

COLOUR BELT GRADING:

Sat. Mar 28th

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

No regular classes due to this event