



JULY 2020

Don Mills

THANK YOU FOR YOUR SUPPORT -- WE HAVE A WONDERFUL COMMUNITY!

ZOOM CLASSES AND DAILY PRACTICE WILL BRING YOU SUCCESS

PARENTS: JOIN YOUR CHILD IN CLASS - THEY WILL LOVE IT

THIS MONTH WE FOCUS ON PHYSICAL DEVELOPMENT THROUGH KARATE

REMEMBER THE EQUATION - KARATE PLUS SWEAT EQUALS FUN!

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|----------------------------------|--|--|---|----------------------------------|--|
| <p>Remember to use your Northern Karate Schools - Don Mills Phone App! You will find everything you need to know to earn your next belt.</p> | | | Happy Canada Day No regular classes 1 | Personal practice day 2 | Build your strength 3 | NEW Saturday schedule begins! 4 |
| Personal practice day 5 | Improve your stances 6 | Personal practice day 7 | Develop your kicks 8 | Evaluations - Purple to Shodan 9 | Test your stamina 10 | Boost your power 11 |
| Personal practice day 12 | Be more flexible 13 | Evaluations - White to Blue belts 14 | Increase your speed 15 | Personal practice day 16 | Review your kata 17 | Faster hand techniques 18 |
| Personal practice day 19 | Stretch your legs 20 | Personal practice day 21 | Strive for excellence 22 | Evaluations - Purple to Shodan 23 | Better self-defence 24 | Focus on balance 25 |
| Personal practice day 26 | Flow like water 27 | Evaluations - White to Blue belts 28 | Fitter and faster 29 | Personal practice day 30 | Mind, body spirit 31 | |

Health + Fun + Learning = Martial Arts for the Entire Family!

Share karate's benefits with family and friends while they are locked down at home. Northern Karate's Online Course (\$249 +HST) includes 3 months unlimited ZOOM and on-demand sessions, a Karate uniform (touchless delivery to your home) and full credit towards a Novice Program when in-person sessions resume. All inquiries - donmills@northernkarate.com

Unless otherwise noted, all activities are conducted during regular class times.