



August 2020

Northern Karate Schools -Steeles Dojo






4350 Steeles Ave. West

www.northernkarate.com

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Weapons Reminder: All students must bring their weapons on the specified days as weapons can no longer be borrowed.			Reminder: A face covering must be worn when entering and exiting the Dojo.			DOJO CLOSED ¹
DOJO CLOSED ²	CIVIC HOLIDAY DOJO CLOSED ³	BACK TO KARATE, BACK TO BASICS! ⁴	BACK TO THE BASIC KATAS ⁵ 	Solo Curriculum Self Defense ⁶	JUMP + SPIN TECHNIQUES ⁷	SAI SATURDAY ⁸ 
9	10	KATA CURRICULUM ¹¹	12	13	14	Solo Curriculum Self Defense Saturday ¹⁵
STRIPE WEEK STRIPE WEEK						
16	WORK YOUR STANCES ¹⁷	TONFA TUESDAY ¹⁸	Directional Kata ¹⁹	UNIQUE TECHNIQUES ²⁰	BREAKFALLS ²¹ 	FOCUS ON BALANCE ²²
23	24 For NIJUSHIHO ²⁴	TRAIN IN YOUR STREET CLOTHES ²⁵	WORK YOUR KICKS ²⁶	Brilliant Bo! ²⁷	KARATE USING DICE ²⁸	GRADING ALL CLASSES CANCELLED ²⁹
30	Solo Curriculum Self Defense ³¹	“ A GREAT SENSEI MAY TELL YOU THINGS YOU MIGHT NOT LIKE TO HEAR. A GREAT SENSEI WILL MAKE YOU DO THINGS YOU MAY NOT LIKE DOING. A GREAT SENSEI WILL HELP YOU ACHIEVE THINGS YOU MIGHT HAVE THOUGHT NOT POSSIBLE.”				

REMINDERS

DOJO CLOSED:

Sat. Aug 1st
 Sun. Aug 2nd
 Mon. Aug 3rd

Civic Holiday Long Weekend

Regular Classes Resume
 Tues. Aug 4th

Weapons Days:

(For Pre-Mas, Masters and Black Belts)

Sai: Sat. Aug 8th
 Tonfa: Tues. Aug 18th
 Bo: Thurs. Aug 27th

GRADING

Sat. Aug 29th

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

No regular classes due to the Grading