



September 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
All Pre Masters and Masters must bring weapons to every class they attend		NUNCHAKU ¹ WITHOUT NUNCHAKU 	WEAPON WORKSHOP WEDNESDAY ²	THE ART OF SPARRING WITHOUT SPARRING ³	HIGH FLYING JUMP KICK FRIDAY! ⁴	DOJO CLOSED ⁵
DOJO CLOSED ⁶	LABOUR DAY DOJO CLOSED ⁷	⁸	Kata Curriculum ⁹	 SAI ¹⁰	Curriculum Self Defense ¹¹	¹²
STRIPE WEEK STRIPE WEEK						
¹³	DIFFERENT WAYS TO DO KATA ¹⁴	 TEIKO TUESDAY ¹⁵	KARATE STATIONS ¹⁶	THE ART OF STICK FIGHTING/ DEFENSE ¹⁷	18 FOR SEIPAI ¹⁸	DICE DRILLS ¹⁹ 
²⁰	TONFA ACCURACY ²¹ 	Curriculum Self Defense ²²	PINPOINT PING PONG BALL DRILLS ²³	THE ART OF KNIFE FIGHTING/ DEFENSE ²⁴	DON'T THINK, REACT! ²⁵	BO 101 ²⁶
²⁷	Improve your Karate with rackets ²⁸ 	LEARN A HIGHER KATA ²⁹	GRADING ALL CLASSES CANCELLED ³⁰	“ Karate aims to build character, improve human behaviour, and cultivate modesty; it does not, however, guarantee it.”		

REMINDERS

DOJO CLOSED:

Sat. Sept 5th
To
Mon. Sept 7th

Labour Day Long Weekend
Regular Classes Resume
Tues. Sept 8th

WEAPONS DAYS:

Wed. Sept 2nd
Tues. Sept 15th
Mon. Sept 21st
Sat. Sept 26th

GRADING

Wed. Sept 30th

Children: 5:00pm
Adults: 6:00pm

No regular classes due to the Grading