







OCTOBER 2020

Don Mills

PARENTS - TRAIN WITH YOUR CHILD - HELP THEM LEARN - ASK ABOUT OUR SPECIAL FAMILY NOVICE RATES!

STRIPE WEEK IS BACK - HAVE YOU BEEN PRACTISING?

ALL EVENING CLASSES ARE SIMULCAST ON ZOOM!

SUN	MON	TUE	WED	THU	FRI	SAT	
Remember to use your Northern Karate Schools - Don Mills Phone App! You will find everything you need to know to earn your next belt.				Solo sparring workshops  1	How to improve your kata 2	Skipping, spinning & jumping kicks 3	
DOJO CLOSED 4	STRIPE TESTING <i>White to Adv Blue</i> 5		STRIPE TESTING <i>White to Adv Blue</i> 6		STRIPE TESTING <i>White to Adv Blue</i> 8		STRIPE TESTING <i>White</i> 9  Happy Thanksgiving No classes today 10
	Happy Thanksgiving No classes today 11		STRIPE TESTING <i>Purple to Adv Brown</i> 13		STRIPE TESTING <i>Purple to Adv Brown</i> 15		STRIPE TESTING <i>Purple to Adv Br</i> 16 Backwards Kata day 17
FOCUS WEEK: Essential elements of Karate excellence 18	FOCUS on Chambers 19	FOCUS on Power 20	FOCUS on Stamina 21	FOCUS on Memory 22	Sparring combination drills 23	100 Kata Challenge: Can you complete 100 Kata this weekend? 24	
REVIEW WEEK: How to practice effectively 25	Kata review 26	Exam Night  During regular class times 27	Self-defence review 28	Required combinations review 29	Sparring drills review 30	HAPPY HALLOWEEN  Wear your costume to class - Adults too! 31	

COVID SELF-DEFENCE. We have strict protocols in place. Please come changed and bring a water bottle. Sign up online and select your two classes. Dojo classes will be simulcast on Zoom.

All inquiries: donmills@northernkarate.com

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