












SEPTEMBER 2020

Don Mills

THANK YOU FOR YOUR ONGOING SUPPORT -- WE HAVE A VERY SPECIAL COMMUNITY.

DURING THE MONTH OF SEPTEMBER ALL PARENTS AND SIBLINGS ARE INVITED TO TRAIN FOR FREE. SEND US AN EMAIL AND WE WILL ARRANGE A WELCOME CLASS!

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>This week: Focus on kicks</p>		Front & side kicks 1	Spin & jump kicks 2	Slow kicks 3	Crescent & hook kicks 4	 DOJO CLOSED 5
 <p>This week: Focus on self-defence</p> 6	 DOJO CLOSED 7	New schedule begins 8	Basic self-defence 9	Intermediate self-defence 10	Social distance self-defence 11	Weapons self-defence 12
 <p>This week: Focus on Kata</p> 13	Single count Kata 14	5 & 8 count kata 15	Required Kata 16	Mixed up Kata 17	Create a Kata 18	Weapons Kata 19
 <p>This week: Focus on combos</p> 20	 Fast hand combinations 21	Fast feet combinations 22	Spinning & jumping combinations 23	 Sparring combinations 24	Create your own combinations 25	Weapons combinations 26
27	Reviewed required material 28	 EXAM NIGHT Regular class times 29	Learn a new Kata 30	<div style="border: 2px solid gray; border-radius: 15px; padding: 10px; text-align: center;"> <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> </div>		

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.