



**October 2020** 

**Northern Karate Schools -Steeles Dojo**












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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>“ Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.”</p>				<p><b>WORK YOUR EVASION SKILLS</b> <sup>1</sup></p>	<p><b>KATA, APPLIED</b> <sup>2</sup></p> 	<p><b>SAI SATURDAY</b> <sup>3</sup></p> 
<sup>4</sup>	<sup>5</sup>	<p><b>Kata Curriculum</b> <sup>6</sup></p>	<sup>7</sup>	<p><b>Curriculum Self Defense</b> <sup>8</sup></p>	<sup>9</sup>	<p><b>WORK YOUR UPPER BODY</b> <sup>10</sup></p> 
<p><b>STRIPE WEEK STRIPE WEEK</b></p>						
<sup>11</sup>	<p><b>HAPPY THANKSGIVING DOJO CLOSED</b> <sup>12</sup></p>	<p><b>13 FOR SEISAN</b> <sup>13</sup></p>	<p><b>WORK YOUR BLOCKS</b> <sup>14</sup></p> 	<p><b>CREATE YOUR OWN KATA</b> <sup>15</sup></p>	<p><b>SOCIALLY DISTANCED SPARRING!</b> <sup>16</sup></p> <p>Bring your Sparring gear</p>	<p><b>SOLO SELF DEFENSE</b> <sup>17</sup></p>
<sup>18</sup>	<p><b>PRACTICE PRECISION</b> <sup>19</sup></p> 	<p><b>TONFA TUESDAY</b> <sup>20</sup></p>	<p><b>WICKED KICKS WEDNESDAY</b> <sup>21</sup></p> 	<p><b>KATA'S: FIVE COUNT + TO THE RIGHT</b> <sup>22</sup></p>	<p><b>WORK YOUR AGILITY</b> <sup>23</sup></p>	<p><b>SUPER SPEED DRILLS</b> <sup>24</sup></p>
<sup>25</sup>	<p><b>BRILLIANT BO</b> <sup>26</sup></p>	<p><b>CARDIO KATA</b> <sup>27</sup></p> 	<p><b>BLENDING BOXING WITH KARATE</b> <sup>28</sup></p> 	<p><b>BREAK YOUR FALLS</b> <sup>29</sup></p> 	<p><b>WEAR YOUR HALLOWEEN COSTUME TO CLASS</b> <sup>30</sup></p>	<p><b>GRADING ALL CLASSES CANCELLED</b> <sup>31</sup></p>

**REMINDERS**  
**DOJO CLOSED:**

Mon. Oct 12th

Thanksgiving Long Weekend  
Regular classes resume  
Tues. Oct 13th

**Weapons Days:**

Sat. Oct 3rd  
Tues. Oct 20th  
Mon. Oct 26th

\*Reminder to ALL Purple Belts and higher that you must bring all weapons to every class\*

**GRADING**

Sat. Oct 31st

Children: 10:00am  
Adults: 10:45am  
No regular classes