



# November 2020

## Northern Karate Schools -Steeles Dojo














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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <b>KUTTING EDGE KAMA</b> 	3 <b>TWIN KATA TUESDAY</b>	4  <b>HOW TO USE AND DEFEND: STICKS</b>	5 <b>THRILLING TEKKO THURSDAY</b> 	6  <b>DODGEBALL DRILLS</b>	7 <b>SOLID STANCE SATURDAY</b> 
8	9	10	11 <b>Kata Curriculum</b>	12	13 <b>Curriculum Self Defense</b>	14 <b>WORK YOUR SPEED</b> 
<b>STRIPE WEEK STRIPE WEEK</b>						
15	16 <b>KATA'S WITH A TWIST</b>	17 <b>Curriculum Self Defense</b>	18 <b>WORK THE SHORT WEAPONS</b>	19 <b>KOUNTDOWN KARATE</b>	20  <b>JUMP + SPIN TECHNIQUES!</b>	21 <b>DICE DRILLS</b> 
22	23  <b>HOW TO USE AND DEFEND: KNIVES</b>	24 <b>AGILITY LADDER DRILLS</b> 	25 <b>LEARN A HIGHER KATA: SOCHIN</b>	26 <b>SOCIALLY DISTANCED SPARRING!</b> <b>Bring your Sparring gear</b>	27 <b>NUNCHAKU NIGHT</b> 	28 <b>GRADING ALL CLASSES CANCELLED</b>
29	30 <b>UNIQUE WEAPONS WORKSHOP</b>	<b>"Following the Martial Way is like scaling a cliff. Continue upwards without rest. It demands absolute and unflattering devotion to the task at hand."</b>				

### REMINDERS

\*Pre-Masters and Masters must always bring weapons to class regardless of what is on the calendar.

Thurs. Nov 26th

Students bring your sparring equipment

Colour Belt Grading

Sat. Nov 28

Children: 10:00am  
Adults: 11:00am

No in-person and Zoom classes due to the Grading