



JANUARY 2021

Don Mills

HAPPY NEW YEAR! Let's get off to a great start to 2021 with STARS, STRIPES and a 28 DAY CHALLENGE.

STARS - Earn gold STARS for your Gi. Email the Dojo for your digital STARS form!

STRIPES - We monitor every class and will award stripes to reward great effort. Do your best in every class and practice at home every day.

28 DAY CHALLENGE: Develop the karate habit and earn STRIPES by completing daily practice for 28 consecutive days. Email the Dojo for your 28 Day Challenge form to get started!

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.

								DOJO CLOSED 1		DOJO CLOSED 2	
DOJO CLOSED 3		<i>New ZOOM Schedule begins</i> 4		DAY 2 Stamina 5		DAY 3 Stamina 6		DAY 4 Stamina 7		DAY 5 Stamina 8	
Japanese Terminology Day w/ Kyoshi Walsh 4:30pm 10		DAY 2 Flexibility 11		DAY 3 Flexibility 12		DAY 4 Flexibility 13		DAY 5 Flexibility 14		DAY 1 Kicks 15	
DOJO CLOSED 17		DAY 3 Kicks 18		DAY 4 Kicks 19		DAY 5 Kicks 20		DAY 1 Balance 21		DAY 2 Balance 22	
NKS Family BINGO Night 4:30pm 24		DAY 4 Balance 25		Exam Night 4:30 Jr Adv White - Blue 5:45 Adv Blue - Adv Purple 7:15 Adult All Belts & Jr Brown Belts 26		DAY 1 Speed 27		DAY 2 Speed 28		DAY 3 Speed 29	
DOJO CLOSED 31											



Please join us in raising funds for THE BLUE DOOR FAMILY SHELTER!

Thank you for supporting a worthwhile cause!

Contribute online at:
<https://interland3.donorperfect.net/weblink/weblink.aspx?name=E351588QE&id=20>

The table below tells you exactly what you will be working on in each class. You can also look at recordings of the class to review specific techniques!

	NOVICE & BBM	MASTERS & PreMASTERS	
Day 1	STRIPES 1,2	STRIPES 1,2	Tonfa Kama
Day 2	STRIPES 2,3	STRIPES 3,4	Sai Nunchaku
Day 3	STRIPES 3,4	STRIPES 5,6	Bo Tekko
Day 4	STRIPES 4,5	STRIPES 7,8	Knife Eku
Day 5	STRIPES 5,6	STRIPES 9,10	Stick Bo