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# January 2021

## Northern Karate Schools -Steeles Dojo






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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>“Martial Arts and Life hand in hand is your road, and yours alone. Others may walk it with you, but no one can walk it for you.”</b></p>					1 <b>DOJO CLOSED</b>	2 <b>DOJO CLOSED</b>
3 <b>KICKS, KICKS AND MORE KICKS</b>	4 <b>ODD # KATAS ONLY</b>	5 <b>BREAK YOUR FALLS</b> 	6 <b>SELF DEFENSE WITH EVERY DAY OBJECTS</b>	7 <b>SAI</b> 	8	9
10	11	12	13 <b>BO 101</b>	14	15	16
<b>STRIPE WEEK STRIPE WEEK</b>						
17 <i>IMPROVING YOUR KARATE WITH CHAIRS</i>	18 <b>TONFA TUESDAY</b>	19 <b>STICK + KNIFE FIGHTING</b> 	20 <b>EVEN # KATAS ONLY</b>	21 <b>JUMP + SPIN TECHNIQUES!</b>	22	23
24 <b>CURRICULUM SELF DEFENSE</b>	25 <b>TSUKEN TUESDAY: BO + OAR</b>	26 <b>LEARN A HIGHER KATA</b>	27 <b>USE YOUR BELT FOR CLASS</b>	28	29 <b>GRADING ALL CLASSES CANCELLED</b>	30
31	<p><b>“IT IS NOT BIG THINGS THAT CREATE CHANGE; IT’S THE HUNDREDS, THOUSANDS OR MILLIONS OF LITTLE THINGS PRACTICED DAILY.”</b></p>					

### REMINDERS

#### DOJO CLOSED:

Fri. Jan 1st  
To  
Sun. Jan 3rd

Regular Classes Resume  
Mon. Jan 4th

#### Weapons Days:

(For Pre-Mas, Masters and Black Belts)

Fri. Jan 8th  
Wed. Jan 13th  
Tues. Jan 19th  
Tues. Jan 26th

Students should always have weapons ready

#### GRADING

Fri. Jan 29th

Children: 4:30pm  
Adults: 5:15pm

No regular classes