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# May 2021



## Northern Karate Schools -Steeles Dojo



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>May and June we appreciate Mothers and Fathers with our Special Mother's and Father's Day Promotion.</b> <i>*Please see flyer for details*</i>			<b>"Don't be upset with the results you didn't get from the work you didn't do. Be humble. Be hungry and always be the hardest worker in the room."</b>			<sup>1</sup> <i>KATA'S: FIVE COUNT + TO THE RIGHT</i>
<sup>2</sup>	<sup>3</sup> <b>UNIQUE TECHNIQUES</b>	<sup>4</sup> <b>LEARN A HIGHER KATA</b>	<sup>5</sup>  <b>PRECISION BO</b>	<sup>6</sup> <b>AGILITY DRILLS</b> 	<sup>7</sup> <b>JUMP + SPIN TECHNIQUES</b>	<sup>8</sup> <b>Curriculum Self Defense</b>
<sup>9</sup> <b>HAPPY MOTHER'S DAY!</b>	<sup>10</sup>	<sup>11</sup> <b>KATA CURRICULUM</b>	<sup>12</sup>	<sup>13</sup>	<sup>14</sup> <b>WEAPONS CURRICULUM</b>	<sup>15</sup> <b>SUPER KICKS SATURDAY</b> 
<b>STRIPE WEEK STRIPE WEEK</b>						
<sup>16</sup>	<sup>17</sup> <b>THE ART OF SPARRING WITHOUT SPARRING!</b>	<sup>18</sup> <b>TSUKEN TUESDAY: BO + OAR</b>	<sup>19</sup> <b>Curriculum Self Defense</b>	<sup>20</sup> <b>TRAIN IN YOUR STREET CLOTHES</b>	<sup>21</sup> <b>BREAK FALL FRIDAY</b> 	<sup>22</sup> <b>DOJO CLOSED</b>
<sup>23</sup>	<sup>24</sup> <b>VICTORIA DAY DOJO CLOSED</b>	<sup>25</sup> <b>T-SHIRT TUESDAY</b>	<sup>26</sup> <b>NUNCHAKU NIGHT</b> 	<sup>27</sup> <b>KARATE USING BELTS</b>	<sup>28</sup> <b>GRADING ALL CLASSES CANCELLED</b>	<sup>29</sup>  <b>DICE DRILLS</b>
<sup>30</sup>	<sup>31</sup> <b>KATA'S WITH A TWIST</b>	<b>"Excellence is never an accident; it is the result of high intention, sincere effort, intelligent direction, skillful execution, and the vision to see obstacles as opportunities."</b>				

### REMINDERS

#### DOJO CLOSED:

Sat. May 22nd  
To  
Mon. May 24th

Victoria Day  
Long Weekend

#### Weapons Days:

Wed. May 5th  
Fri. May 14th  
Tues. May 18th

Purple Belts and higher must always have their weapons ready for every class

#### Color Belt Grading

Fri. May 28th

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

No regular classes due to Grading