Northern Karate Schools
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865 York Mills Road Toronto, ON M3B 1Y6

MAY 2021   Don Mills

CELEBRATING ALL MOMS - FOR THE WHOLE MONTH OF MAY, MOTHERS TRAIN FREE!

MAY 16 - NKS TALENT SHOW WITH KYOSHI WALSH: 4:30pm - Register to participate! Tune in as Kyoshi Walsh orchestrates an afternoon filled with music & talent by our very own students. Sign up to perform: donmills@northernkarate.com

MAY 30 - NKS FAMILY JEOPARDY: Tune in at 4:30pm to see Staff & MVP's compete against one another!

VICTORIA DAY LONG WEEKEND: The dojo will be closed for the Victoria Day long weekend May 21-24

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.				*Unless otherwise noted, all activities are conducted during regular class times.*		**FOCUS on stances & footwork** DAY 2 **1**
DOJO CLOSED **2**	**SPARRING** FOCUS on footwork & kicks DAY 3 **3**	**SPARRING** FOCUS on kicks & hand techniques DAY 4 **4**	**SPARRING** FOCUS on hand techniques & blocks DAY 5 **5**	**SPARRING** FOCUS on blocks & counters DAY 1 **6**	**SPARRING** FOCUS on counters & controlling distance DAY 2 **7**	**SPARRING** FOCUS on controlling distance & scoring DAY 3 **8**
DOJO CLOSED **Happy Mother's Day!** **9**	**SELF-DEFENCE** Block & counter DAY 4 **10**	**SELF-DEFENCE** Defence against a grab DAY 5 **11**	**SELF-DEFENCE** Defence against kicks DAY 1 **12**	**SELF-DEFENCE** Defence against jab / cross DAY 2 **13**	**SELF-DEFENCE** Defence against a lunge punch DAY 3 **14**	**SELF-DEFENCE** Defence against a weapon DAY 4 **15**
NKS TALENT SHOW Sign up to perform! 4:30pm **16**	**KATA** Left & right DAY 5 **17**	**KATA** Meaning & bunkai DAY 1 **18**	**KATA** Drilling sections & timing DAY 2 **19**	**KATA** Focus on stances DAY 3 **20**	**DOJO CLOSED** Victoria Day Weekend **21**	**DOJO CLOSED** Victoria Day Weekend **22**
DOJO CLOSED **23**	**DOJO CLOSED** Victoria Day **24**	**Exam Night** **No regular classes** 4:30 White - Adv Orange 5:45 Green - Adv Purple 7:30 Adult All Belts & Jr Brown Belts **25**	**KIHON** FUNdamentals DAY 4 **26**	**KIHON** Kick like a black belt DAY 5 **27**	**KIHON** Block & counter drills DAY 1 **28**	**KIHON** Japanese terminology DAY 2 **29**
NKS FAMILY JEOPARDY Tune in at 4:30pm! Watch our Staff & MVP's compete! **30**	Karate games day - Sweat and have fun! **31**	This table shows 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